

Girl Gets Ring

How to go from
"Hello" to *"I do"*
as fast as womanly possible
EVEN IF He's a hard to land man



by Jonathan Green & T Dub Jackson

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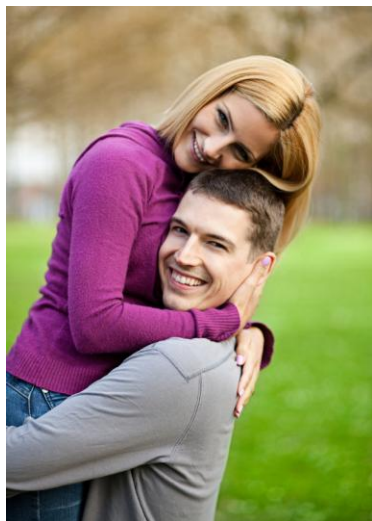
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What's Your Relationship Story?



Every relationship is a story.

We all know how we want the story to end. You and your perfect man side by side at the altar. Behind you, your family and friends bear witness to your lifelong commitment to each other.

You want to be the girl who gets the ring.

Where are you in the story?

Are you already with a good man, but he refuses to 'pop the question'? He says, "Let me complete my MBA first." Or... "Let me save more money first." Or some other reason why he's not ready to tie the knot...*just* yet.

Or?

Are you the girl who gets asked out a lot? And your first few dates start with a bang, but then fizzle when he stops calling? Are you getting too close? Too soon?

Or?

Are you back in the dating scene after a break up? A break up which has left you wondering if there was something wrong with him? Or with the men you pick? You wonder if your 'man picker' is out of whack?...Or worse, after you watch so many of your friends get engaged you can't help but say to yourself : "What's wrong with me?"



About Your Two Guides & Why These Two Guys?

Jonathan Green

Jonathan Green, Author of Girlfriend in a Week, has personally worked with hundreds of men to improve their love lives and thousands more through his books and training videos. For years Jonathan has helped men fix their dating lives and now he's finally come over to the other side and is ready to reveal his secrets to women.

Jonathan has traveled the world training men privately and speaking at conferences, helping lonely men realize that love is possible for them. As an expert at starting relationships, he has approached and spoken with over 35,000 women around the world in bars, clubs and even on the streets.

As one of the top dating coaches for men in the world, Jonathan is uniquely suited to show you EXACTLY what men are thinking and how to decode their strange behavior. He knows every secret and strategy that men employ in relationships and he is ready to reveal them all.

TW "T DUB" Jackson: T Dub, Author of The Magic Of Making Up, has directly and indirectly helped over 100,000 couples in over 77 countries fix badly broken relationships. In most cases, T Dub helps salvage relationships AFTER one party has already declared "it's over" and when there's only one person left trying desperately to save their marriage or relationship.

He is a pioneer in relationship bonding and re-bonding. T Dub discovered early on in his life that NOBODY is immune to the powerful principles of human bonding. He is most happy when he is teaching men and women to form (or reform) strong bonds in their relationships, whether it's starting a new relationship on the right foot, a mature relationship in need of new life, or a broken relationship requiring a drastic overhaul.

No description of T Dub is complete without giving credit to his best friend of 16 years, and a woman who he has learned so much from...his wife Jeannie.



Why Jonathan AND T Dub?

Glad you asked!

In a nutshell...

While T Dub is a happily married man, obviously he hasn't been active in the dating scene for 16 years.

And...

IMPORTANT NOTE!

After this point....

*Anywhere **Jonathan** is writing for you will be in **BLACK***

*Anywhere **T Dub** is writing for you will be in **BLUE***

While Jonathan is very active in today's dating scene, he has hasn't been happily married for 16 years.

By joining forces we can expertly guide and speed you along any and all stages of the relationship cycle.

Jonathan can help you "pack" for your trip, get you pointed in the right direction and help you steer clear of major obstacles you MUST avoid when starting your journey.

T Dub will help you build strong bonds and strengthen your relationship as quickly as 'womanly' possible NOT ONLY as you are heading towards the altar, but most importantly so that you, your husband and family live 'happily ever after'.



Getting The Results You Want From This Guide!

No matter where you are in your love story this book is going to help you get through the rest of the phases to become the girl who gets the ring. During the course of this guide you will learn to understand *exactly* what men are thinking at each stage and specific principles and techniques that will help you move your story forward.

You have an ADVANTAGE over other women now.

You have two of the top minds in dating in the world on your side. And we are both men. I have been a full time professional dating coach for men for over three years and in that time I have worked personally with hundreds of men to find the right woman for each of them. *FYI: These are good men with great character and many are leaders of industry, but they struggle to find good women...more on this later.*

I'll open the curtain and lay bare secrets about men that most women will never know. You will learn what men are thinking and how to translate our baffling behavior. You'll in essence become a member of the inner circle and learn many of the techniques that work on both men and women. We're very excited to share all of them with you.

IMPORTANT!

In order to finish our journey together we need your help!

You have to commit to not only taking the time to read AND study Girl Gets Ring, but to perform the simple exercises and homework.

You can do it.

My partner T Dub is going to teach you the bonding secrets he's used to help heal and strengthen hundreds of thousands of relationships all over the globe. These are under the radar bonding techniques that ALWAYS work because these techniques push buttons which were installed in men by Mother Nature herself. *No man is immune.*

Now that you have decided to take this journey with us as your guides, we feel you are part of our family. Our goal is for you to find YOUR perfect man. Build a bond with him so strong that he asks for your hand. And begin your family and life together. When you do...SEND PICTURES PLEASE!☺ We can't WAIT for you to send the email with a picture of you getting your ring.



How a Traffic Light Can Help You Understand How a Man Feels About Moving His Relationship Forward With You



Intuitively most women sense that men don't process their feelings the same way that they do. Most women also know men's behaviors and actions are consequences of how they feel.

What most women never figure out is exactly how men DO (or don't) process their feelings.

What happens?

Men act and behave in ways that not only confuse and frustrate women, but often his unexplained behavior will almost drive a sane girl to the mad house.

Since she can't figure what he's thinking or why he does what he does, she may try to sit him down and "talk it out".

"Talking it out" calms him up at best, at worst, he feels grilled and may show anger or defensiveness.

You've likely witnessed this for yourself?

If situations seemingly as insignificant as him getting lost cause tiny storms of strange reactions, then talk of commitment, moving the relationship to the next level or marriage blow in category 5 typhoons.

Throughout [Girl Gets Ring](#) we'll be guiding you through each step of moving your relationship forward without setting off his emergency broadcast system.

Right now, I want you to fully comprehend some important things about him.

Commit this to memory. It's crucial.

How much a man loves you has ALMOST NOTHING to do with how willing he is to move his relationship forward with you.



MAN MYTH!

"If he loves me, he'll want to be with me forever."

Most women I've coached believe this myth, if not intellectually, they believe it deep down emotionally.

What I mean is a man's unwillingness to move the relationship to the next level is usually interpreted by his girlfriend or fiancé as a lack of love for her OR that he is a commitment phobe.

Both of which are untrue. Believing and acting upon either only makes matters worse.

Trying to make him love you more or fix his commitment phobia will in most cases drive him further.

What's a girl to do?

First, understand that men don't process most of their feelings in their head.

They process them, if they process them at all, in their gut or heart.

In fact, most of the time, men do NOT process their feelings.

And because of how most men are raised, many try to ignore their feelings altogether.

While women may be able to verbalize and paint elaborate and detailed pictures about how they feel, men are like kindergarteners coloring with three basic colors. Tongues out and coloring all outside the lines too.

I want you to imagine...

Inside every man's heart is this imaginary traffic light.

Let's borrow the phrase "heart light".

His heart light just like a traffic light has three colors, red, yellow and green.

When he needs to make an important EMOTIONAL decision, he may think he makes them intellectually and rationally, but what REALLY happens is his heart light guides and largely controls his actions.

This is why a man can be very much in love, but if his heart light is yellow or red he will not move forward.

He won't even be able to tell you why!



It's not only frustrating for you, it's maddening to him as well because he DOES love you, but he can't intellectually process why he's stuck.

He'll likely make MANY excuses to you and to himself.

In most cases, he's not trying to deceive. He just can't explain what's going on even to himself.

He just feels that something is not right. (Yellow or Red Light)

As we take your hand and guide you through your path we'll help you discover and understand what makes him go from green to yellow, yellow to red and how to get him back to green again.

A man who is in love AND has a green heart light WANTS to move forward in a relationship and he'll practically pick you up and carry you down the aisle.

Don't worry!

IMPORTANT!

If you're already involved with a man and you're trying to get to the next level, I highly encourage you to go through all of the phases of Girl Gets Ring.

You may learn something crucial as to what color his heart light is now and where it changed.

You won't have to walk on eggshells trying to keep his light green all of the time.

The first three to six months a man is in a relationship his heart light is more sensitive to flip flopping back in forth between green, yellow, green, yellow, red, yellow, green etc.

Good news is once his signal goes bright green, his decision to move to the next level becomes much more stable. He typically stays green. This doesn't mean something can't happen to change his heart light, but it would have to be much more drastic than at the start.

Let's begin with finding him, attracting him and making it easy for him to fall in love.

As we go along we'll use pictures of our traffic signals to call attention to actions which may cause him to change color.



PHASE ONE - SINGLEDOM

Being single in our society sometimes can feel like you have a disease. I know exactly how this feels because I am single right now. And I am a professional dating coach, so I get it pretty bad. My area of expertise is being single and dating, so the moment I enter a serious relationship I will lose my edge. There are a lot of people who can't understand that someone would be single on purpose.

There is nothing wrong with being single. It's a great time in your life to build the foundation for all your future relationships.

As you get to know me throughout this book, you will discover that I love telling stories about the people around me as a way of teaching and illustrating points. The stories are always my favorite part of any book, so I make sure to fill my book with what I love. So please allow me to share with you a story about a woman who actually makes several appearances in this book.

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I know a woman who has the worst relationships. She cheats on all of the guys she dates and her relationships always end in an explosion. I have known her for a really long time and I have affection for her...not judgment. But what I have noticed is that she is never single. She just can't stand to be alone. She has no foundation for her relationships. Her self-confidence is low, which means she only dates me with low self-confidence. It's a cycle that won't break until she spends some time alone and really builds up her identity.

The most important and amazing thing about being single is that you have a chance to find out what actually makes you happy.



When you are single is the perfect time to get to know yourself. Throughout this guide you will learn tactics and techniques that have their foundation in this phase in your life. Rather than write everything twice, I'll just share with you the components of your personality that you develop when you are alone.

As strange as it sounds I know a lot of people who have no idea what makes them happy. They end up on a path and they're not sure how they got there. This can happen with your career, where you live and your relationships. So go out and try new things. You are free and can do anything you want with nobody to judge you or limit you.

Once you actually know what makes you happy, you can find men who enjoy the same things. How nice would it be to start a relationship with someone who shares the same joys as you?

One of my great passions in life is snowboarding. I don't get to do it nearly enough because of logistics and I live in Florida, which has a disappointing amount of snow each winter. But I remember like yesterday when I was going down a slope in Japan and my Ipod was playing the perfect track as the sun was setting. This was one of my perfect moments in life. So I would love to spend my time with someone who feels the same way in this moment.

You need to find your passion while you are still single. What gets your heart beating and makes your eyes go wide? Is it travel? Is it helping people? Is it making music or art or poetry? As we delve into the foundations of attraction you will learn how important having passion is to attracting the right kind of man. You don't want to wait to try and find your passion in that moment.

During your singledom you also want to really dig in and decide who you are. Who do you want to be? How do you want to be remembered? What makes you unique? What have you done to affect the world?

I know these can be brutal questions because they really dig to your core. Just as when you are building a great cathedral, you must dig until you hit bedrock. That's where you build your relationship. Not on the sand.

I think it's important to be emotionally honest with you and so I will share some of my answers to these questions. Not to impress you with how great I am, but instead to lead by example. My dream has always been to be a writer. I have flowed towards and away from this career for a decade. My real dream is to have millions of women read this book. I want all of the people I helped find happiness to remember me. In that way I will gain immortality. Of course as a woman your dreams will be a little bit different and that's wonderful.



I have been through quite a few careers before finding myself doing what I was meant to do. I worked in education for a very long time. I have done everything from teaching DJing at inner city schools to running part of the English departments at one of the best universities in America. I have worked selling computers and I have run a tutoring agency. I have done a lot of other things in between. All of these different experiences led me on the path to finding out who I truly am and what kind of man I want to be.

Not only do you want to develop your career aspirations during this time, you also want to decide what kind of woman you want to be. Throughout this book you will see just how important honesty is in a relationship and in life. You really find out who you are when you are alone and nobody's watching. It's easy not to steal money off a desk in a room full of people, but it's a lot more tempting when nobody will ever find out.



In 1996 the movie *Jerry Maguire* with Tom Cruise hit the silver screen and one of the most poisonous lines to come out of that movie was, "You complete me."

"You complete me." Sounds romantic doesn't it?

But as a man who helps put relationships back together from every corner of this world, I can tell you firsthand many relationships sink BECAUSE one or both people are looking for someone to 'complete' him or her.

As a happily married man, it shocks some people when I say that as much as I love my wife Jeannie, I am still a whole man without her.

What's more shocking to some...I think? Is the FACT that I am more attracted to and IN LOVE with Jeannie because I know she'd still be a whole person WITHOUT ME.

I prefer her.

And she prefers me.

We COMPLEMENT...not complete each other.

We are happy.

Contrast this with...

"I NEED you to complete me...AND I NEED to feel like I complete you."

This IS insanity and CAUSES break ups, divorce and UNHAPPINESS.

If a woman, let's call her Irene, is single she has two general choices about how she feels and thinks about being single. (How she feels and thinks then determines her actions.)



She can view herself as 'Incomplete Irene'. Incomplete Irene has a tendency to look for love in all the wrong places...see Mr. Right in every face...and come off as needy.

Can you see Incomplete Irene's problem?

I'm sure you can.

May I share something else that I see happening?

This is DANGEROUS!

Incomplete Irene starts to attract men who are LOOKING to TAKE ADVANTAGE of her neediness.

In short, these men know how and are VERY adept at finding needy women to take advantage of.

Are you starting to see why the quote "You complete me" is so venomous?

So what is the antidote?



To become a "Complete Cathy."

Complete Cathy uses her singledom to discover more about herself. She is perfectly happy to spend an evening alone. This doesn't mean she avoids social interactions, but she is comfortable being by herself.

Cathy asks herself...

"What makes ME happy?"

Not what makes her parents happy...or what would her sister want her to do...or what her friends think of her because she's not in a relationship yet.

As Cathy explores what gets her blood pumping, she feels INSPIRED to go out and experience the things that make her happy.

Maybe it's horseback riding?

Learning to fire a handgun at the shooting range?

Taking that acting class?

As she's doing these new things she realizes she IS a complete person.

Doesn't mean she isn't open to a COMPLEMENTARY relationship.

Do you see the difference?



Good! I'm glad.

What Cathy notices is that as she's going about her own self-discovery, several men have flashed her admirable smiles at the gun range. Then there's the handsome instructor in acting class who complimented her last performance. She thinks he was working up the courage to ask her out, but lost his nerve.

In short...not only does "Complete Cathy" meet and attract more quality men than "Incomplete Irene", but she is more likely to attract a man who is complete. Men who are complete do NOT seek out incomplete women. In fact, men who are already complete are often REPELLED by an "Incomplete Irene".

This is important.

Let me rephrase please.



This doesn't mean that "Complete Cathy" will never run into or get involved with some scawag.

But this is more of an 'isolated incident' for Cathy...where it seems to be par for the course for Irene.

I want you to find love. I want you to enjoy all of the fruits of a COMPLEMENTARY relationship. That's why our paths have crossed. I just want you to know, if you don't already, that you are a whole human being regardless of what the status says on your Facebook profile☺

When you feel like you need a relationship to be complete, you run the very real risk of attracting an INCOMPLETE man...or worse...a man who consciously or unconsciously is looking for an incomplete woman to take advantage of.



HOMEWORK:

You have done enough reading. Now it's time to take some action.

Make a list of the passions in your life and write down your answers to all of these questions:

1. If you could move anywhere in the world tomorrow where would you go?
2. Why?
3. If you had unlimited funds and never had to work again, what would you spend your life doing if you knew no one would ever judge you?
4. How do you want to be remembered?
5. What makes you unique?

By taking the time to answer these questions you are starting on the path to actually finding your true passion.

Now make a list of 12 things you have always thought about doing, but have never actually done. This can be things like go camping, go to an open mic night and sing, go bungee jumping, climb a mountain, learn to mountain bike, play soccer, etc.

Once you make that list of 12 things, I want you to try each of them just ONCE a month for the next year. That's one day a month that you spend doing something you have always wanted to but spent too much time making excuses.

It's time to get to know yourself and to have some real adventures.



PHASE TWO – LOOKING for Love

How to Pick the Right Guy – McDreamy? McSteamy? Or McReliable? Can you have it all?



You are dating the perfect man. He's handsome, he's successful (or has potential) and he loves to have a good time. He takes you out to amazing restaurants and you really think he could be the perfect husband and father, if only he would change just one little thing. He CHEATS on you all the time.

It's so easy to judge other women and say, "Why is she with him, he treats her like crap." But when it's us, for some reason we just can't be objective. I'm going to let you in on a little secret here. There are tons of men who date the wrong women. It's a two way street.

The first time I thought I was in love it was with a girl who treated me terribly. We had to keep it a secret that we were dating and she cheated on my like crazy. She lied to me all the time and when I finally had unquestionable proof I said to her, "I don't care who you sleep with, I will always love you."

That one sentence is the exact worst moment in my dating life. I know to the

second when I hit the bottom of the barrel. As I was speaking I licked the bottom.

This was a long time ago, but I want you to realize that you are not alone. Millions of women start dating the wrong guy every day. Instead of judging each other for our mistakes, we want to dig down and find out what causes us to make them and how to avoid them in the first place.



Why it's So Easy To Fall For The WRONG GUY...

Sometimes attraction feels like this raw power that you just can't resist. It's this powerful sexual force that you just can't control. And men who understand the nature of female sexuality can play you like a violin.

At the core of everything, attraction is directly in correlation to confidence. As much as we want to believe that there are other factors, it always boils down to confidence. The more a man believes in himself the more you are drawn to him.

BASE PRIME DIRECTIVE: Mate with a man who can handle whatever life throws at him, produce healthy, good looking babies, and elevate social status.

Women...YOU... are hard wired to respond to a confident man. Why? Because you are wired to survive! Much (but not all) of attraction is based on primitive survival instinct. Inside your brain a program is running that says 'become aroused' whenever a potential mate crosses your path who can handle whatever life throws at him, give you healthy, good looking babies and elevate social status.

Obviously, this is the 'reptilian' part of the brain and I am not discounting the 'higher functioning' brain, but understanding BOTH brains is KEY to helping you find your faithful, RELIABLE man who EXCITES you at the same time.

Let's look at the 'reptilian' prime directive again.

Let's look at how this prime directive plays out in life.

Do you like a man with a sense of humor?

If you're like 97% of women polled...the ability to make her laugh is one of the most desirable traits a man can possess.

Is this the Prime Directive at work?

Yes! A man who can laugh, find the humor in life and make you laugh is a man exhibiting a trait which signals your 'reptilian brain' that he's got life by the balls.

Ever wonder why so many women (maybe even you?) are attracted to the bartender or DJ at a nightclub? Even when it makes little sense 'intellectually'?

Prime directive at work again!



Typically, the bartender or DJ is CONTROLLING the action within the current environment. If they are controlling the environment then they are the ones handling life within THAT environment. Mix in the fact that humor usually makes for good DJ's and physically attractive bartenders increase profits for the nightclub and you have a potent prime directive cocktail☺

Rock stars? Prime directive.

Actors? Prime directive.

Bad Boy? Prime directive.

Let's try a little exercise. I want you to tell me which of these two men you are more attracted to. The first man always tells you how lucky he is to be dating you. He can't believe you chose him and he always says how much he doesn't deserve you. He texts you fifty times a day.

The second man acts like you are lucky that he's dating you. He only texts you back after you send him five texts. Sometimes he ignores you and just goes out with the guys.

I know you hate to admit it, but even I am more attracted to the second guy. Confidence is that sensual. It's an unstoppable force.

The problem is that confidence is often intertwined with a guy being a jerk. His level of self-confidence is much higher than it should be when compared to his successes in life.

IMPORTANT POINT!

What is a USEFUL definition of a jerk?

A jerk is a man who appears confident, but has LITTLE or NO VALUES.

In other words, a man who lights your fire because he satisfies your PRIME DIRECTIVE, but a man with LITTLE or NO Values.

Do you see?

Is there a light coming on?

You are NOT attracted to jerks...per se.

You are attracted to men based on your prime directive.

It's okay...nothing you can do...BUT...Here's the secret...

Date and attract men who fulfill your Prime Directive...

BUT... arm yourself with some reliable tools to separate the men with a weak value system from the men with a strong sense of SHARED values.

You CAN enjoy a life with a man who is exciting, adventurous AND won't leave your side when life gets tough.



Put on Your Jerk Proof Jacket!

Preliminary Tools for Weeding Out Jerks WITHOUT Losing Sexual Chemistry

This powerful sexual chemistry you have with the wrong man (men with little or NO shared values) is at the crux of why many women feel like JERK MAGNETS and end up in dead-end relationships. No matter how much we try to deny it, as humans we are not logical beings. We don't make rational decisions in almost any aspect of our lives. It's hard to ignore our passions and desires. If we were rational, we would all be in great shape, have the perfect job and have excess money in our emergency funds in our bank accounts.

By understanding the nature of the chemicals coursing through your brain every time you see a sexually attractive man you can at least learn to guide those passions, if not begin to control them.

These chemicals are triggered by your Prime Directive.

It's extremely beneficial for you to understand that what's happening to you is largely biological SO that you can gain perspective and BEGIN to examine if this man who's triggering these chemicals inside you is a man with values you share or is he a man with values almost in direct opposition to yours.

Now since we aren't even on our first date yet...let's start with some PRELEMINARY tools.

(Then as we progress through the cycles we'll give you more to work with.)

1. **Be a whole person in the present!** Understanding that if you feel like you need someone to complete you (see phase 1) your odds of attracting and being attracted to a jerk skyrocket. The antidote is to be completely okay with the woman you are without a partner. Desiring a partner who is *complementary* is fine and is HEALTHY and is the foundation of making good decisions (even with all that chemistry bubbling) about whom you choose to spend the rest of your life with.
2. ***Become aware and conscious of how your Prime Directive affects you...***

BASE PRIME DIRECTIVE: *Mate with a man who can handle whatever life throws at him, produce healthy, good looking babies, and elevate social status.*



Please don't discount this. Pay attention and use your feelings as a trigger for you to SEEK ANSWERS about his values.

Just imagine if we for some reason didn't know how babies came into being? World population would explode! By understanding our role in how babies are born we can make (somewhat) more rational decisions.

Likewise...

If you melt for almost every musician you've ever met...It's extremely helpful to say to yourself...

"Oh, this is MY prime directive kicking in! I better proceed with caution and determine if he's a man with NO VALUES (jerk) or is he a man that has values that I share?"

I really want you to understand this, let's reverse this and look at it from a man's point of view.

When a man of VALUE meets a very attractive woman, he may have a conversation in his head like this:

"Whoa!"

And that's it! Just kidding☺

When a man of VALUE recognizes HIS Prime Directive (more on his Prime Directive later) and he uses his chemical rush as a catalyst to SLOW DOWN AND BE CAUTIOUS.



If he could hear his HEART LIGHT...it might be saying...

"I better make sure she is more than just a pretty face before I move forward."

3. Get clear on WHAT values you desire in a lifelong partner and in what PRIORITY.



WARNING #1

Don't confuse traits or characteristics like "a sense of humor" with values like honesty, family, hard work and loyalty. I'm not saying to live life with a man that is a bore, I am saying you can have adventure, romance AND a man who'll stick by you through thick and thin...BUT you've got to get clear on what values are important to you.

WARNING #2

In my experience, more break ups and divorce happen over PRIORITIES than values. Some couples share almost identical values, but often one or two or more priorities have caused World War III.

For example...

A couple shares the following three values (to keep it simple):

- ★ Family
- ★ Hard work
- ★ Religion

But what if HER priorities were:

- ★ Family
- ★ Religion
- ★ Hard work

And his PRIORITIES?

- ★ Hard work
- ★ Family
- ★ Religion



Now imagine the holy hell unleashed if this was the 10th Sunday this year he missed church with his family because he had to spend it at the office?

Do you see how Values and Priorities are something you want to be clear on BEFORE you enter a relationship?

HOMEWORK:

Bet you can almost guess your homework? This is an important assignment because it will form the foundation for further exercises.

1. What top five values are important to you?
2. How would you prioritize those values?

Are you living these values and priorities now? And it's okay if you're not, it's something to strive for...realize though...it's hard(er) to find and attract a man living these same values when you're still striving to reach them yourself. (We'll talk more about this BIG SECRET later.)



Choosing the Right Hunting Grounds



Every relationship begins with the first meeting. Without your first encounter there will be no second date, no relationship and no marriage. So in a way there is a lot of pressure on that first meeting. But what you really want to do is ***maximize the number of first meetings you have with the right kind of guy.***

So hopefully you did your homework above?

The values and priorities you want to share form the foundation of your relationship.

However...

When choosing WHERE to start looking for your Mr. Right, we need to look and pick out some traits and do some VISIONEERING of our ideal guy.

Let's take a moment and pick out a list of traits you are looking for in the next man you date.

The more we know about the kind of man you want to meet the better our chances of actually achieving that goal. You can be as specific as you want. The type of woman I date is extremely specific. I have a very long list of things I am looking for in a long-term partner. But that's ok because in the modern world distance has almost no meaning, so we have access to tens of thousands of potential partners.

Don't you deserve the best? Of course you do!

Right now, please make a list of exactly the type of man you are looking for. Describe him in as much detail as possible. I want you to take the time to write about his looks, his education, his hobbies, and anything else that is important to you. Do you want him to be religious? Love children? Have a certain income or career trajectory?



This is not the time to be humble. This is the time to be honest. I will tell you the exact same thing I have shared with tens of thousands of men, the less honest you are with me the less success you will have. So be really honest about what you want, because I will help you achieve it.

You can do it.

Let's think of this ideal man as your 'ideal' target. Now there are hundreds of men that fit what you wrote down. That's what's amazing about our world. You can be very specific and still not be limited for choice. We'll show you how to attract him later.

Now let's think about the man you've picked. I'm going to give an example of a guy to illustrate this tactic. Let's say, besides the values and priorities, you want a man who loves art, has a steady job and is looking for a long-term relationship.

Where can this type of man be found? Since my entire career has been built around spending thousands of hours with every different type of man I can tell you exactly where to find this type of guy. Right now I am thinking of several dozen clients I have worked with. And ALL of them dragged me to art museums and galleries.

We call this the Waterfall Characteristic because it brings all the other ones down the mountain with it.

So from your lists start to look for the Waterfall Characteristic - that dominant factor. Look deeper into your list and find the characteristic that brings the most other traits you are looking for. And that will help you find the right place to go looking for a solid guy.

Do you have a bit more of a refined taste? I can tell you that ideal places to meet this type of man are wine tastings, charity events and things of this nature.

EXCELLENT TIP! You can also create a funnel to bring excellent men into your life.

How?

I have a friend from London who wanted to meet a woman with an appreciation for art, so he started a group for people who love art and once a month he has a showing in his house. He lets a new local artist hang pieces all over his house and then tons of people come over to see the work. He meets amazing men and women constantly.

There is a principle of the law of attraction that really connects with finding the right type of man and bringing him into your life. Just by writing a list of the traits you are looking for, you will become more aware of men that meet your qualifications.

... And the first step to meeting the right guy is finding an **action** that matches your desire. So thinking about small modifications in where you spend time is really powerful first step and is the beginning of where to start looking.

You can be proud of yourself for each step you take. It helps to associate a positive emotion with doing something that will make your life better.

If you want to meet athletic men there are tons of runners' groups and sports leagues. I have two friends who are getting married that met in a kickball league.



Yeah KICKBALL!

An Ultimate Frisbee league offers a fun sport that's not too competitive, so you can have a bit more fun. You really want to start doing these things because you enjoy them and that is what will draw more men into your life.

You want to meet a man you can really connect with so try to find situations that are conducive to connecting. If you play in a kickball league and immediately go home after every game because you have work early the next morning, you are missing the primary time for connecting and chatting over pizza and beers.



This happened to my friend yesterday. He is a young, wealthy and successful entrepreneur who spends all of his free time trying to improve himself. He does everything from yoga to weekend retreats to business conferences. He recently shifted his focus and is looking for a long-term relationship. He's pretty close to the perfect guy. At his yoga class yesterday there was a really cute girl on the mat next to him.

He wanted to talk to her after class but he was worried about the social awkwardness of flirting in yoga class. So he didn't start talking to her the second class ended. The girl ran out of class the moment everything ended, jumped in her car and drove off. She missed the opportunity to meet someone amazing because she provided no opportunities for him. She was in a group situation but she turned it into a solo event.

And she has no idea.

Conversation is the foundation of any relationship, so try to provide men with opportunities to meet you.

Forgive my modesty, but I have an incredible ability of picking good men and women to work with in business and in life. I have an ability to see through facades and deep into someone's CHARACTER.

Good luck?



Super powers of intuition?

Nope. I've got CHARACTER GOGGLES.

He's passed now, but one of the most important lessons my Dad ever taught me was to never judge a man or woman by their cover...and NEVER judge by what they say, but make your judgments based on WHAT THEY DO and PAST behavior leaves clues.

He taught me this in many small ways.

For example...his only advice on picking a girl to date was this:

"Always lock your car doors (before electric locks)...then always open the car door for your date...as you walk around the car...if she unlocks your car door...she's a keeper...if she doesn't unlock your door...she's self absorbed and you shouldn't offer her another date."

See, Pop...I was listening...thank you😊

The foundation of this advice has saved me from countless hardships, agony and led to many wonderful relationships in life and business.

I call this 'super power' my Character Goggles.

I now pass them on to you.

The foundation of the advice is this:

"Pay rapt attention to how people BEHAVE in general and BEHAVE towards others when they believe their actions have no consequences at the time."

For example:

It's rare for me to work with someone on an important project before I take him or her out to lunch or dinner.

Why?

Because I want to see how this person BEHAVES towards the wait staff.

Are they kind and courteous?

Patient if things go wrong?

If so...like my Dad would say... "They're keepers."



If they are rude, impatient or just jerks to the wait staff over something as trivial as lunch, then that tells me volumes about how they'll behave TOWARDS ME...and if the stakes are higher than lunch, I could really be in for a nasty surprise.

Sporting events are good clues, especially if he's actively participating, to see how he BEHAVES when things don't go his way.

If he loses a game, does he go silent and brood for hours?

More than likely...given time this is EXACTLY how he'll react when for some reason or other, you don't give him his way.

If you don't have a physical scenario to 'judge' how somebody acts when they feel there are no consequences to their actions, the next best thing is...

Have them tell you a story!

Huh?

Let me explain.

Let's say I am interviewing somebody and one of the traits they absolutely must have to be effective in the position is to be organized.

Now, I can't ask her to open her purse and let me see how it's organized.

And asking to see how tidy she keeps her car wouldn't go over too well.

What I can do is apply what I call a TRUTH SERUM STORY.

Me: *One of the qualities you must absolutely have is organization.*

Applicant: OH! That is me. I'm so organized people tell me I'm TOO organized sometimes.

Me: *That's great...that sounds just like the type of person I'm looking for...tell me about a time when someone told you that you're too organized.*

Then I sit back and listen patiently and intently.

If she spits out a story at the tip of her tongue then I've got evidence of her character. I may follow up with... "Can you tell me of another time?" or "Tell me about a time when a project was in complete disarray and you stepped in."

However...

If she trips over her own tongue and I give her plenty of time to come up with a story and she simply can't, I've got evidence she was painting a rosy picture for me.

How about we look at a truth serum story example applied to a relationship?

Let's pretend your father and mother divorced because he constantly put career over family even when there was plenty of money. You want to ensure the man you marry values family over career. You're okay with career being important, but just not MORE important than family.



Tricky to find out?

Let's see how we do with a truth serum story.

You: *Yeah, my mom and dad divorced when I was 13, mostly because Dad was away on business a lot and Mom wasn't happy with that situation.* (Make sure you keep your feelings out of the story or he may respond in the way he thinks is supportive of you...the way you've laid out the story, he can't know if you 'side' with Mom or Dad.)

Now this conversation could go any number of ways.

Scenario 1:

Him: Sounds like your Dad was a workaholic?

You: He was. What are your thoughts on men who are workaholics?

Him: (Let's say he talks at length, but this is the CONDENSED version.) I am big on career and believe a man should provide for his family, but he should put career second. Workaholism is taking it too far.

You: That's really interesting. Has there been a time in your career or education where you had to put family over career?

Him: Yes, actually I was accepted at Stanford University across the country, but declined and decided to go to school here in Houston because my family is here.

(Okay, great start.)

Scenario 2

Him: That's too bad (and then silence.)

You: Yeah, I'm sure it happens to many families. What are your thoughts on the career/family balance?

Him: Well, it's hard. As you know I went to Stanford which was all the way across the country. It was hard leaving my family, but I'll have much more opportunity now.

(In this case he tells you his PAST BEHAVIOR, which you absolutely should not discount. He is also TELLING YOU he favors the work side of the balance. He may be a great guy and you may really like him, but this is a warning sign his values are not congruent with yours.)

We could run this scenario about a dozen ways, but do you understand what we are doing here?

In absence of WATCHING behavior, we want them to paint a picture of PAST BEHAVIOR, which is our second best clue.



Are You Turning Him OFF Before He Even Meets You?



In our society it is the man's job to walk up to the woman and ask her out. Whether you think that's right or wrong, or a little bit sexist, it's simply the nature of our society. I ask men how they feel about this all the time. And in my experience about twenty percent of men consider it a deal breaker if a woman asks them out. And you really don't have to worry about approaching men.

If you make yourself available, men will walk up to you.

If you are NOT getting enough men striking up conversations with you, it's more than likely that you appear NON-approachable.

The secret to having one conversation after another is BE APPROACHABLE.

Man Repellant #1 - Men Hate Groups

There are a few really deep secrets about men that I am going to share with you here. Most men are terrified of groups of women. If you go to a bar with a couple of your good friends, the odds of a man approaching you drop dramatically. You immediately cut out every single guy who is even a little bit shy or private. Women love to be social and around their friends in public venues.

But men don't want to be in that situation.





Most men live in fear of a public rejection. When a man sees you with your friends and wants to talk to you, in his mind he imagines a scenario where you reject him and shame him publicly. You say something mean and your friends laugh at him. Even though this scenario is not reality, the fear of it will keep a lot of amazing men from approaching you.

I specifically work with men who want to overcome this fear, so I have a great deal of experience in this area. There are only a few types of men who will approach women in groups and most of these are the exact type of men you are trying to avoid. It takes either a great deal of confidence or arrogance to approach a group of women. So why turn the numbers against yourself?

There is another challenge to approaching a group of women. You have to make all of them like you. The more women in a group translate to a higher chance of failure. At least in a man's mind.

There are dozens of reasons why men don't approach groups of women, but it all boils down to fear and the greater level of difficulty. If you are in a group, he has to make all of them like him, deal with the risk of one of them being mean, deal with them placing social pressure on you not to flirt with him, etc.

Men, like water, nearly always take the path of least resistance. I see this in myself every day. We always balance reward with effort when deciding what we want to do. Why would I work really hard to meet a woman who is surrounded by a wall of friends when I can walk up to a girl who is by herself, even if I find her slightly less attractive? Men want less effort.

There is one other factor to consider about groups of women. This is something that men talk about all the time, especially when men are talking about dating. And this is the awful friend. Oftentimes in groups of women, there is one woman who believes it is her job to protect her friends from the advances of other men. This is usually the woman with the lowest dating value in the group. What I mean is, she is the woman least likely to have a man ask her out.

Occasionally in a group this dynamic does reverse. I have seen situations where the prettiest girl will block all men from approaching the weakest girl in the group. This is usually done as a way of maintaining control over the friend.

In both of these scenarios, one friend poisons the entire group. No matter what anyone says, you are most definitely judged by the company you keep.





Just a few weeks ago I met a stunning, tall anesthesiologist at a club in Los Angeles. She was really into me and we started having a lovely conversation. Then this guy she was friends with came up and started talking about how he wanted his gravestone to say he was really generous with his coke. The guy was awful and I got out of there after that. Her bad friend was a big red flag for me.

Please don't be the awful friend.



When I talk about attraction and looks later on you will discover that it's her personality more than her looks or anything else that is crushing her relationship options. You might be this woman in your group. You feel it is your responsibility to protect your friends from making bad decisions. But at some point you need to start focusing on your own happiness. I can tell you personally that I have approached groups of women where the awful friend is the girl I was most attracted to. She was so busy trying to keep me from her friends that she had no idea I was actually interested in her. It doesn't really affect me as I have a lot of dating prospects, but if she is doing this all the time, she is going to have trouble ever finding a boyfriend.

This isn't about digging at this personality type so much as giving you a little insight into the minds of men. In my personal experience this type of friend usually exists in only one out of every ten groups of women. But most men have no idea WHICH group out of the ten has an awful friend. As I mentioned earlier, I have even seen it where the most attractive woman in the group was the mean one.

Men want to avoid social awkwardness almost as much as women do. So they will avoid all groups of women out of fear that they might have this type of woman in the group. This certainly isn't a one-way street, there are plenty of groups of men that are awful. But I don't want to digress too much into group dynamics. The lesson here is that men are less likely to approach groups.

Man Repellant #2 – Butts Glued To a Chair

They also hate it when you are sitting down. I spend most of my life standing in bars watching nervous; high-quality men try to learn to be brave enough to talk to women in bars. The men I work with are all financially successful and extremely kind. They have hearts filled with love and just want to connect with a kind woman, like you want to connect with a kind man who treats you like the beautiful and amazing woman that you are.



If you want you can replicate my experiment. Go out with a group of your girlfriends and stand near the bar. Count how many men walk up to you. Now go sit at a table. Then try sitting at a booth. The more physically challenging you make it, the less men are going to walk up to you. And you're not just looking for men with a ton of approach confidence. You want to meet a guy with high relationship value, a guy who has a lot of good boyfriend qualities. So why make a guy have high short-term confidence in order to talk to you?

Man Repellant #3 - Other Men

It's very difficult to get into the minds of the opposite sex. Men are just as unaware of many of the intricacies of how women act in social settings. If a man goes out and has a pretty woman as a friend, women will be more attracted to him. If a woman goes out and has a guy friend with her, she is less attractive. Men are very competitive and tribal by nature and we don't want to hunt on another man's land.

If men are intimidated by you going out with other women, imagine how they feel when they see you with a man. Men do not want to get punched in the face for hitting on the wrong women. It takes a really socially savvy man to avoid confrontation when he flirts with a woman who has a boyfriend.



Just recently a friend of mine was hit from behind by a guy who didn't want him flirting with a girl. My friend turned around and the guy pulled out a badge, so he couldn't retaliate. My friend is as socially savvy as I am and has talked to thousands of women in public venues and this is the first time he ran into trouble. What can you do when a bad cop hits you?

The point is not that clubs are risky and that men get into fights all the time. That is actually the only story I have about someone I know getting hit for flirting with a woman. But all men imagine that scenario when they see you out with a man in your group. It doesn't matter if the man is your boss, your brother or your coworker – he's killing your chances of meeting a nice guy.

You don't have to spend the rest of your life going to bars alone. But I do recommend taking the occasional walk around a bar or party by yourself. At least give nice guys a chance to walk up to you.



Are You Best Friends with a Man?

And if you are best friends with a man I have some news for you. He is secretly in love with you.

Your first instinct was to say that I'm totally wrong. But, I bet right now you can think of one incident where it got a little weird between you? Either on a trip, or a birthday, or a night out when you each had a few too many drinks. You have blocked out the memory because if you admit he tried to sleep with you, it will end the friendship. But it's there. And when you go out he's actively sending signals to men not to approach you. He believes that if he keeps enough men from talking to you, eventually you will see what's right in front of your face.

He's trying to create the desert island effect. If he is the only option, suddenly he will become the best option.

This type of guy is actually MORE likely to start a confrontation in a bar. A boyfriend who is secure in his relationship isn't going to get worried because his girlfriend is chatting to someone while she is ordering a drink. It's the nervous guy who knows that anyone can knock him out of the running that is going to get upset and cause a scene.

I have seen that happen a lot. The weird awkward scene where a girl who just told me she is only friends with a guy and then he starts pulling her away from me and telling me it's his girlfriend.

It's fine to have really close guy friends. You don't need to end any friendships today. You just deserve to know how other men perceive this relationship.

I know a lot about this situation and exactly what this guy is thinking.

I am not this type of guy. But I used to be.

Do You LOOK as Friendly as You Feel?

So now you are going out to more social events where you can find the type of men you want to date. You are taking the time to separate from the group more and more. This is all excellent progress. The other benefit about spending more time out and about alone is that it puts more pressure on you to talk to strangers and expand your social boundaries.

If you are out with friends you can talk to them all night and have a great time and not start a single conversation with a stranger. But remember; right now that perfect guy is still a stranger! So you will have to chat with a few strangers to sift and find the perfect man.



Act Like Lucy

Did you ever watch *I Love Lucy* as a kid? This TV show was brilliant. This stay-at-home wife would get bored and always end up in some kind of incident. She would talk to everyone no matter their status. And this is a good thing because it would always involve her having an adventure and meeting new people. She would always end up in a situation.



What you want to bring into the mix is just chatting to other people all the time. Act Like Lucy! It doesn't actually have to be to the man you are interested in. Talk to bartenders at bars. Talk to museum staff at art galleries. Talk to waiters. Talk to the referees at kickball. Even talking to women you don't actually know will increase your value to men. If a man sees that you are friendly to strangers it will help him get the confidence to walk up to you.

When you Act Like Lucy you will also help provide opportunities for incidents. Have you ever been talking to the checkout girl at the grocery store and the person behind you chimes in? That's the type of situation you want to create.

I am a professional dating coach, so meeting women when I'm out and about is a major part of my life. I'm always talking to people and doing research. I ask men and women about their relationships all the time, because I always want to improve my material. I work very hard to be sure that everything I teach my men or my women is practical, not theoretical.

It's amazing to me how often men I don't know try to ride my coat tails. I have seen a guy watch a woman in a bar for two hours trying to get up the nerve to talk to her. As soon as he sees me walk up, he suddenly gets the courage. Once he sees her talking to a stranger, a switch flips in his mind.

The theoretical became practical. He now knows for a fact that she talks to strangers. Before that moment he wasn't sure. As strange as that may sound to you, that is a huge part of a man's thought process. A lot of men don't think it's ok to talk to women in bars. So they need some kind of proof that it's all right.

So you want to give me a lot of opportunities and chances. When you go to the bar to order a drink, always stand near a group of men. When you go to the bathroom go by yourself. These two steps will increase how many men start conversations with you by a huge amount. And all you are doing is providing opportunities for something to happen.

As a woman you don't have to work as hard to create incidents. If you Act Like Lucy and are friendly to strangers and are in the vicinity of a man (if he can see you) then you have done your part.



Lucy Always Smiles

As a final note, there is the possibility that you have a mean face. This has nothing to do with your level of beauty. It has to do with your face's neutral look.

Do people always ask you what's wrong or if you're upset?

Then you may have a face that looks negative to people, even when you are in neutral. I have dated several girls like this and it can be a big barrier to meeting new people. You aren't doing anything wrong; it's actually a case of people misinterpreting your sub communications. That's a really complex way of saying they think you're mad when you're not.



A lot of people have a natural one percent smile all the time. But just as many people have a one percent frown. It's genetics not mood or disposition. But people will interpret a tiny frown as a giant shield.

I am friends with several beautiful women who intimidate men away for this very reason. They always look angry and unapproachable, when in fact they are really friendly and lovely to talk to. When they are just standing around they look intimidating, but as soon as they start chatting with people, they can show off their amazing personalities.

So there are a lot of benefits to meeting people as you are out and about enjoying social events. You should enjoy the journey as much as you enjoy the destination. You may very well start chatting to the old fat umpire at a kickball game and then he introduces you to his nephew the young handsome doctor. Life is full of surprises, so the more opportunity you create the more likely something really amazing will come your way.



Looks!



This is a topic that is really terrifying to discuss. Our society has become so superficial that everyone feels ugly. It's this kind of mass confusion that is the result of just too much television telling us what is attractive. And making most of us feel like it's not us.

I am going to be extremely honest and extremely personal here because I think this lesson is one of the most important sections of this book.

Your concept of beauty is wrong. Hollywood and magazines have lied to you. All those women's magazines that say they are trying to help you have a better life are covered with pictures of models. It's a psychological mixed message. And it's false.

Beauty is not objective. It is subjective. Every single man has a different ideal woman. I talk to men about the women I am attracted to all of the time. Because the type of woman I like physically is extremely rare. Every man has something specific that he really likes. And it's always different.

So let me tell you what I like in a woman. I love women who have big shoulders and really wide eyes. When a girl looks like a praying mantis then I am extremely attracted to her. To a large segment of the population this is not an attractive look. But I think those people are all idiots. I know what I am attracted to and I really don't care what other men think. And when I say big shoulders, I mean that I look at a girl's waist to shoulder width ratio. I think there is something really beautiful about a girl with specific proportions and I think it has a lot to do with the Golden Mean, which is a ratio found in a lot of ancient construction.

You might think that I am making this up, but if you look at the last book I wrote for men I had a chapter on this same topic. It's ok to be attracted to what you like. The world is a beautiful place with many different types of people. There are enough to go around.

I have dated models and singers and actresses and other women that are stunning in their own way. But I will tell you right now that nothing scares me more than a girl with praying mantis features. This is the one type of woman I get really nervous about talking to. I will be in a bar or a club or walking through the mall and when I see one of these rare girls my heart starts racing.

I was once in a bar in Hawaii and it took me three hours to get the nerve to approach a girl that not one other man talked to all night. And I was so nervous that I got all awkward and it just didn't go well.



The point is not to tell you what I am attracted to. What I want you to see is that no matter what you look like, there is a man out there who is super attracted to your type. The irony is that men aren't allowed to tell women what we really like if it strays from the official decisions from Hollywood on what is beautiful. Can you imagine if I told you I loved your Praying Mantis face? You would be super offended, even though I'm expressing that I think you are crazy beautiful. Our society limits men as much as women.

I'm not going to lie to you and say that looks don't matter. They do matter. Just not as much as you think and really they don't work the way that you think they do. I know men who only like women who look like animals. I know men who only like women who are left-handed and about a million other variations. So please realize that there is a man out there right now who thinks you're as beautiful as it gets. And I'm going to help you find him.



3 Ways to Increase Your Attractiveness WITHOUT Changing Your Looks

Smile & Laugh – Men are hard wired to want to please you. When you laugh WITH us your hotness gets even hotter.

Eye Contact – The best compliment you can give a man is said with your eyes. We like it! We love it! We want MORE of it!

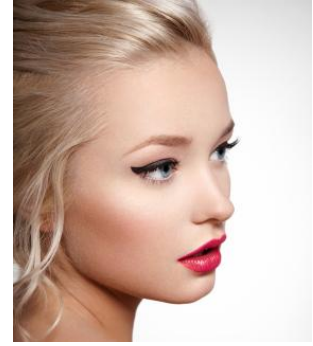
Share a Small Foible – This creates almost IMMEDIATE INTIMACY. Share a minor flaw about yourself, do it 'confession' style. Guard against TMI and keep the flaw minor.

Do those 3 things and you'll hold his attention prisoner when you're near him and he won't be able to stop thinking about you when you're not.



What about the Knockouts?

There are a lot of women who are just stunning. That's reality. But being really physically attractive is a double-edged sword. Because these women have a larger pool of men to choose from, several important sociological things happen. The first thing we need to realize is that most men won't approach women above a certain level of beauty. It might be crass to say it this way, but this is how men think. We say that sevens get approached more than anyone else.



Men want to date women of above-average beauty...but not too far above it.

I could delve into the nature of why seven is such a popular number in many aspects of life, but what this means on a deeper level is that really stunning women rarely get approached by nice guys. Those women mostly meet men of extremely high confidence, whether it's deserved or not. Just like being in a group, or frowning or sitting down in the back of a big booth, beauty becomes a barrier to many men approaching.

There is also a rumor going around in our society that better looking women are meaner, dumber or have worse personalities. I grew up completely believing this rumor. I think it has to do with people saying that less attractive women have good personalities. In my personal experience people are friendly or awful despite their appearance, not because of it.

But most men have this flawed assumption and it keeps nice guys from walking up to those beautiful women.

These women tend to attract a large group of low-commitment men. Men whose primary attraction trigger is looks are rarely boyfriend material. I have a lot of friends like this and in my experience they have the shortest relationships and cheat the most. These women tend to have access to the types of men who have many options and because these men have such a large pool of options, they give individual relationships a lower value. Just look at how often Hollywood marriages fail.

If you are an extremely beautiful woman, this book is designed to help you sift through all of those men to find the ones that have high relationship value and still excite you. These men exist and we are going to find them!





MY FRIEND FROM EAST GERMANY

I have a friend from East Germany named Alida. We worked together and were good friends years ago when I was working in Japan. I never found her physically attractive and there was no sexual chemistry between us. I am able to be objective about this story.

Once Alida decided she wanted a man, it became inevitable. Whether it took weeks or months eventually that man would be dating her. And he would think it was completely his idea. Alida is married with twins now and she is really happy, but back then, she was able to get any guy that she wanted.

It wasn't even based on high self-confidence. She didn't think she was beautiful at all. So it wasn't looks. It was the power of her personality. She grew up behind the wall in East Berlin. She never thought she would be allowed to leave her neighborhood, let alone the country. So, she had a love of life and freedom that was so powerful it just drew men in.

The only reason nothing ever happened between me and Alida was because she never willed it. I firmly believe that if she wanted to, she could have made me want her. I still think she's one of the most amazing and wonderful people I have ever met in my life.

So please don't worry about your looks right now or waste time worrying about what other people have or don't have. We are going to develop the same tools that Alida has. You are going to be able to draw in any man as we build up your confidence!



Bring Your Pokemon – How a Japanese Card Game Can Help You Attract and Captivate A Man

I would love to use a really cool metaphor here about Texas Hold ‘Em poker and look super cool, but I don’t play poker so I don’t know any cool metaphors. But I do know a little card game called Pokemon.

Pokemon is a Japanese word made up of two English words, pocket and monster. So a Pokemon is a little monster you keep in your pocket.

In Pokemon you need to have a lot of powerful cards to defeat your enemy. Even one really powerful monster can be defeated by twenty weak monsters. Imagine if one hundred kindergarteners attacked you; you might be bigger and stronger but their numbers would overwhelm you. If you are playing against someone with the most powerful card in the deck, but you have 20 cards, you will win.

As we delve into this crucial section, always remember to keep your Pokemons, your deck of cards, in your pocket.

This is a lesson that I have to teach my men over and over again. It’s not about how many points you have in one category; it’s about your **total score**. Looks are just one category. Men and women only score each other on a scale of one to ten. So nobody gets more than ten points for looks. Ever. It’s just the nature.

There are a lot of other cards in the deck. So let’s take a little time to really delve into what makes you amazing. Relationships and dating are all about sales. If you want someone else to buy the product you have to believe in it first! And believe me you are already demonstrating a very valuable quality just by reading this book. Some of the many categories that make women attractive to men are:

- ★ Intelligence
- ★ Sense of Humor
- ★ Height
- ★ Love of Travel
- ★ Compassion
- ★ Love of Sports
- ★ Wealth
- ★ Desire to Self-Improve
- ★ Speak Foreign Languages
- ★ Fearlessness
- ★ Sportiness
- ★ Passion
- ★ Low-maintenance
- ★ Confidence



There are actually dozens and dozens of traits, or Pokemon, that individual men are attracted to. So what I would like you to do right now is make a list of all the things about you that are amazing or interesting. Take a few minutes to look at yourself in a different way. You can even ask your friends to help you fill in this category. This exercise will help you build your confidence and it will also show you what you want to let men know about you when they meet you.

Right now, there is a man out there reading one of my books about how to meet the perfect girlfriend making a list describing her. And his list looks exactly like yours.

Give Him Opportunities to Ask you Out

There is no need to overcomplicate things when you are just starting a relationship. You have to realize that most men are awful at relationships, so at a certain point we do expect some guidance from our women.

The first time you see a guy you like, just try saying hello. You don't have to put a lot of pressure on that first interaction. Just take baby steps. Maybe swap phone numbers and your first date can be a group date. You can even do a little Facebooking. This will allow you to see what his friends are like and what he looks like all year round.

The important thing to remember is that a lot of quality men are actually awful at dating. I work with them every day. You wouldn't believe how many nice guy millionaires have simply no idea how to ask women out. Most men have zero idea if you are attracted to them. Women have dozens of signals they send men to show that they are interested, but men have less than ten. That means that most men will never recognize your subtle signals.

Men in our society need to focus on approaching. Actually getting up the nerve to walk up to a woman and ask her out is very difficult the majority of men. Fortunately, as a woman your role is to provide opportunities. In my research I have discovered that the women who complain about not getting asked out are also the women who never provide opportunities for men to ask them out.



You just need to give a man a lot of opportunities to ask you out. A few minutes alone can go a long way. A lot of men in your social circle and at work will be too afraid to let you know they are interested. If a guy in your social circle asks you out and is then rebuffed, he will be ashamed and embarrassed for a while. But you can create situations where just the two of you are hanging out. It's the same for men from the workplace. They don't want to get fired for sexual harassment, so even if your dream man is in love with you, he won't say a word.



As a woman you don't have to ask the man out, you just have to provide opportunities where he can flirt with you in a safe environment. Our society has shifted a lot to protect women in the workplace, and this is great, but now it's the nice guys and lovely ladies who only know how to meet people at work who suffer. Just remember, if you always walk out of the office with the same group of girls, no man from work will ever ask you out.

Men are just as afraid of social embarrassment as you are.

Men are looking for overt signs of attraction from you or an all-clear signal to know that you won't make it awkward if they ask you out. If you are really willing to take some big steps, you can invite a man you like out to simple social events to give him more opportunities.



Just saying, "Some of us are going for a drink after work, wanna join us?" can go a long way.

As cliché as it sounds, a lot of men are waiting for that specific invitation. There are so many advantages to taking a man out of the usual situation and putting him somewhere casual and less stressful. Almost all men have a crush on at least one woman at work. And nearly none of them act on it for fear of reprisal. So put men in low stress situations and test the waters. You might just find what you are looking for.

HOMEWORK:

It's time to take some action and actually ALLOW men to ask you out. I want you to go out at least once a week for the next month. You can go to bars or cafes or art galleries or wherever you want. But you are going to go alone.

I know this is a HUGE step and it feels like I just kicked you out of the nest, but you are going to make huge advances as a woman and as a person if you take this action. You will learn a lot about yourself and of course men will finally be able to ask you out.

You should be proactive. Smile at every man who looks at you. Just allow the universe to show you how amazing it can be. By being open to the possibility of meeting someone nice, something wonderful will start happening for you.

It's also really powerful to learn that you actually can go out by yourself and have a nice time. As Travis talked a lot about earlier, you need to be a complete person before you start a big relationship. And what better way to flex your self-confidence muscles than by spending a little time getting to know you?



PHASE THREE

Making First Contact



No plan survives first contact with the enemy.

This saying is never truer than in relationships. You can plan out exactly what you want to say to a man, but within a few minutes you will be completely out of your strategy. So instead of focusing on specific tactics, which never really works, we just want to have a few broad strokes of a good initial conversation.

The whole purpose of the first conversation is to get a second conversation. You want to leave a man with enough intrigue and interest to want to see you more. There are just a couple of big mistakes that kill a lot of initial conversations. There is nothing worse than a person who asks lame interview style questions. I have met women who ask me boring questions and then get mad at me for being boring. You have the ability to direct the conversation, do so wisely.

I realize it takes two to make a stimulating conversation. You CAN be

the conversation catalyst though.

It's boring to ask someone where they work, how much they make, or where they went to college. All you are learning is their statistics. Do you want a resume or a relationship? Instead you want to either flirt directly or ask about his passions. You should ask every man what he loves to do when he's not working. This bypasses ninety percent of his other conversations with women and immediately makes you memorable.



Calling Dr. Obvious

Men are simpler than you think.

I am a man and I can tell you that as a fact. If you think you are giving a man signals that you are attracted to him, he probably has no idea. This is one of the areas of great difference between how men and women communicate. Women have thirty-three different physical ways of telling men they are attracted – your eyes dilate, you brush your hair out of your eyes, you bat your eyelids, you rotate your hips, etc. Men have about five. That means that the majority of your signals are in a language that men don't even speak.

It's always better to be Dr. Obvious.



So if your plan is to be subtle, I have some bad news. It doesn't work like in the movies. You have to actively flirt with a man and sometimes you are going to have to make it pretty obvious that you are attracted to him. Or he will completely miss it. I have seen this happen hundreds of times. Two people who were attracted to each other pass like ships in the night; with each one thinking the other wasn't interested.

It's actually very frustrating for men when women try to be subtle and give hints. We can tell that you are talking, but we have no idea what you are saying. I recently ended a relationship for this very reason. I told her how much I don't like playing games and beating around the bush, but that was her main way of communicating. I never knew what she actually wanted and I would rather be alone than be frustrated all the time. If she had acted a little more like Dr. Obvious, things would have worked out.

When you first meet a man, always remember that he only trusts two doctors – Dr. Pepper and Dr. Obvious. Whenever you are first meeting a man and you want him to like you, just think of calling Dr. Obvious and it will remind you how to communicate your attraction.

Remember, men are simple creatures and we only like doctors who do nice things to us. Dr. Pepper tastes delicious and all of his commercials are for men. In fact, I don't know a single woman who drinks Dr. Pepper. It's like a magic drink designed just for us. It's simple and it's sweet. So just try to be that simple with Dr. Obvious!

Some men are actually waiting for you to say, "I am attracted to you." They literally need it this obvious. You may flirt with a man a lot and he will just tell his friends that you were being nice. Men are actually that clueless in our society. Sorry.

The need for direct communication leads us to our next topic.



Your Core Identity – Tell Me Who You Are...Really!



Most men are not looking for a mirror or a slave; they want to date someone who actually has a personality and a life. There is an important balance here. If you immediately abandon all of your friends the moment you have a relationship, there is something wrong. You need to maintain who you actually are. Your identity should not change based upon whether or not you have a boyfriend. If you live in reference to your boyfriend, eventually he will get bored of you and move on. Men want something new and interesting and exciting and if you are just a reflection of his life, you won't have any of those qualities in the long term.

IMPORTANT!

He doesn't want to lose his identity either.

So don't force him on too many nights out with you and your friends. He's not actually having a good time (usually). He is just saying that he is because he wants you to be happy.

The more you really know who you are, the more hooks you are providing a man to be attracted to. Think about this. If every woman that I date immediately falls into my life and starts living in reference to me, then my girlfriends become interchangeable. They all have the same traits. If they do the same things and act the same way, then all that separates one girlfriend from the next is looks. And when it's all about looks, cheating becomes a big part of the game.

So don't give up who you are.

You need to have passions and hobbies and dreams for your life. These are the things that are so attractive. The more you know who you really are, the more a man can fall in love with the REAL you.

There is also the need to maintain a balance. If you force a man into your life too much, he will eventually pull back.





In the early stages of a relationship a man's heart light can switch from green to a halting red on a dime. One trigger, even if small, is a sense he is going to lose his identity by being with you.

A few years ago I was at my favorite night out in the entire world. It's a dress up night in London where everyone dresses up like they are at a bad 80s wedding. There was this girl there that was just stunning. I started talking to her but I was just so nervous. I kept seeing her talk to a better-looking guy in a super expensive suit.

Somehow I completely kept my cool and acted like I wasn't affected by this competition.

I got her number and we went on a date a week later. We spent three hours together and at the end of the night I went to meet up with one of my closest friends and some guys that were in town for the weekend that I had always wanted to meet. Instead of being excited I was really depressed.

It took me a while to figure out why I was so upset.

She destroyed me with the death of a thousand cuts. Instead of attacking my identity wholesale, she would just keep nudging me. One of my main rules for dating is that I don't just pay for everything on a first date. When I go to a pub with a girl, I like to take turns paying for drinks. I don't want to be with a woman who is just there for free stuff. I want to be with someone who enjoys my company.

She kept complaining about that and pushing me until I paid for everything. She spent the night talking about all these great French lovers she had been with. Yes, she actually used the word "lovers" on a first date. Then she forced me to eat in a brightly-lit restaurant. We sat on opposite sides of a booth.

She was able to manipulate me into doing all the things that I know ruin a good date. She talked about exes, forced me to pay and then put me into the awkward dinner date situation.

At the end of the date I didn't just dislike her, I hated her. She had actively tried to damage my self-esteem and she was actively trying to ruin the date.

A lot of relationships are damaged in the early stages by bringing friends into the picture way too soon. If your idea of a first date is bringing a guy out on a night with a bunch of your friends, you should change that idea. The odds of the date not working out go up dramatically if you have all of your friends there.



It's tempting when you're starting out in a relationship to want to PRETEND to be someone or something you're not, especially when you've really fallen for the other person.

After working with couples after a break up, I know for a fact: This is a NO WIN situation.

Even when you SEEM to get the results you want (him falling in love too), it is actually damaging because at some point you'll say to yourself...

"He doesn't even love the REAL me!"

And his experience is... "Where's the girl I fell in love with?"

Three Core Elements of Lasting and Real Attraction

There are three core elements of real, raw and powerful attraction. These three elements form the foundation of every relationship that goes the distance. Just knowing these three elements will give you a huge advantage over other women. In the previous section we listed many of the different attraction Pokemon that you can have, but they are all derivative of these three "Master Pokemon." If you bring these into your life you will draw in men and success in a powerful way.

The three most powerful traits of the attractive person are honesty, passion and self-confidence. These three traits are intertwined and as you grow in one, the others will follow suit.

Honesty – True Love Is Impossible Without It

People have different definitions of honesty and often men and women see honesty completely differently. For example, when a woman is really mad at her boyfriend she will often refuse to tell him the source of her anger and expect him to know what he did wrong. Have you ever said to a man, "You know what you did,"?

This is completely a social construct. This situation is played out in movies and sitcoms constantly on television. Without realizing it we spend a lot of our lives replicating behavior we have seen in media. This situation is used to create a funny situation, not because it is effective communication or works in real relationships. There is nothing more stressful for a man than being in trouble and not knowing why.





To a lot of men this is a form of lying. You hold a vital piece of information and are refusing to share it with him. And you are even using that secret to be mad at him. This is why so many men find this argument frustrating. To us it feels like you are playing a game, when if you would just tell us the reason you are angry we could work on solving the problem. As you know, men's inherent nature is to solve problems.

People often lie to themselves. They don't want to admit that they are unhappy with their lives, their jobs or their relationships. The fact that you are reading this book right now demonstrates that you can be honest with yourself. You see a problem and rather than deny it, you are working to solve it. This is a very attractive trait.

At the beginning of most relationships men and women are really trying to impress each other. So they often tell a bunch of lies in the hopes that the other person will be more attracted to them. The irony is that because men and women don't really understand each other, they lie about the wrong things. Most men will lie about their age, job or income. They mistakenly believe that these are the most important attraction triggers to women. And they are to some women, but not to most.

Women tend to lie about their relationship situation, age and if they have children. In the city I am living right now, the majority of single women already have children. I'm not sure why being a single parent is so trendy in Florida, but every woman has to decide when to mention to a man that she has kids. It's such a big issue here that every man I know has already decided whether or not he will date a woman who already has kids.

When you are meeting a new man you should always try to be honest.

So let's take this example a little further. Imagine that you meet a great guy and don't tell him about your kids for two months. If he's the kind of guy who will date a woman with kids, you have created a huge strain on your relationship by lying to him for two months. He will most likely be really offended that you think so little of him. And if he's the kind of guy who doesn't want to raise another man's children he will walk away from the relationship. So what benefit did lying get you?

There is this idea that if you make a man like you enough, you can then let the other shoe drop. This is a form of manipulation and even if it works, you will have a crack in the foundation of your relationship with him forever. You can't un-ring a bell and you can't un-tell a lie.





I THOUGHT SHE WAS THE ONE

As you have noticed by now, I love sharing very personal stories as a way of illustrating my point, so I would like to share with you the story that caused me to become a professional dating coach.

I met an amazing girl my first night in Japan. She was really beautiful and the funniest girl I ever met. I was super into her immediately. But she had a long-distance boyfriend back home. There was a lot of complexity to our dysfunctional relationship, but I'll just share the highlights.

At the start of our relationship, we both agreed that we weren't attracted to each other and just wanted to be best friends. I was lying. Over the next six months, I pined over her and we had many awkward moments. One day, we would make out and the next she would cry that she couldn't give me what I wanted. Eventually, we slept together, but it only made the situation worse.

Things got weirder and weirder, and I became so damaged that I moved to Europe because I couldn't be on the same continent as her. It took me a new continent and eighteen months to get over her and start dating again with the resolve to never let it happen to me again, and to help other people out of the same situation.

Whether you want to blame her or me for our flawed relationship, the origin is obvious. I lied at the beginning and said I just wanted to be friends. That one little lie took a year to grow and then it exploded.

It's better to be honest. When you lie to someone you are telling them that they are more important than you. You lie to your boss, you lie to your parents when you don't want to get in trouble. When you lie you create a power disparity. An imbalance is created in the relationship and relationships cannot survive without balance. The only reason to lie to a person is because you think they won't like the "real" you. That means that person has more power than you do. The relationship will eventually fall apart because of this.

All lies get found out eventually, so there really is no benefit to lying to get a man to date you. If you have to lie to a man to make him want to date you, then you two are not a good match.

The more honest you can be with yourself and with men, the more they will be drawn to you – the real you.



Confession. I'm ashamed to say it, but when I was in my early 20s I lied a lot. Looking back, I can see what CAUSED me to lie.

At the root of my lying was simply I did NOT feel okay about who I was. I felt I didn't measure up to others. I felt in order to be loved I had to be perceived differently than I really was.

I wanted to be loved.

How human is that?

I went from one relationship to another and I began to run anytime I felt I wasn't measuring up anymore or my 'cover' had been blown. Poor girl never had a chance because I made it impossible for her to fall in love with the real me to begin with.

In my mid to late twenties, I had endured enough pain of living this way that I wanted it to stop.

I had what I call my George Costanza moment.

In the TV series *Seinfeld*, there is an episode called the "*The Opposite*".

If you've been deprived of the guilty pleasure of *Seinfeld*, George Costanza was a character who had a life you just loved to laugh at. Nothing ever went right for George. Bald, overweight, often unemployed and living with his parents no matter how hard George tried to advance in life, he was sure to trip on the banana peel of his life.

On this episode called "*The Opposite*", George declares that since his life is not working out for him, he is going to start doing THE OPPOSITE of what he'd normally do in any given situation.

When he sees the hot girl at the café, instead of agonizing for 20 minutes if he should go talk to her and lose his opportunity forever...he just BOLTS out of his booth and strikes up a conversation.

Then...

Instead of flim flamming her with how wonderful he is...

He says...

"Hi, I'm George. I'm unemployed and I live with my parents."

Surprisingly, they go out together and he keeps doing the opposite all through the episode.

To make a long story short, by the end of the episode, George not only gets the girl, but gets a job as an assistant to one of the big wigs in management of the New York Yankees.

What REALLY happened was George wasn't really doing the opposite, but he finally started being AUTHENTIC.



In my mid twenties, I finally realized *I was just as good as anyone else.*

I AM okay.

I CAN be myself.

I don't have to hide.

Almost the day I became authentic...

The lying stopped.

The pretending stopped.

And you know what happened?

My career took off.

My love life blossomed.

Not only was I dating more than ever, I was having more fun because I was making real heart to heart connections.

Then, at age 28 I met a beautiful woman, inside and out, and because I was able to let her get to know the REAL ME we fell deeply in love and we were married...and are married to this day. Now, at age 44, I truly am happier and more in love with her now than the day we said "I do."

Passion – The Rare Fire Men Are Secretly Hoping You Have Burning Inside You



There is nothing more attractive than a woman with passion. I will give away one of my biggest secrets here. I ask every single woman I meet the same question. I ask her what she loves to do, or what she would do with her time if she had unlimited time and money and never had to work. If a guy asks you this type of question the first time you meet, there is a good chance he has read one of my books. Or it could even be me.



There are two types of answers to this question. You can either be an actor in this universe or a receiver. Most of the women I talk to have a passion or a dream. One of the most common good answers I hear from women is that they would travel. Other say they would paint, make music, work on solving world hunger, etc. The point is that their passion is about acting on the world.

The other type of woman will say shopping, clubbing, partying or some other frivolous activity that is based upon receiving pleasure. If a woman says shopping I walk away immediately. She is a person without passion. Anyone who would use unlimited resources to simply acquire more things is not the type of woman I want to spend my life with. Even fifteen minutes of it.

So take the time right now to decide what you really love. Do you have a hobby or a dream? If not your problem right now is not men. I always dreamed of being a writer and it took me years of hard work to get here. So when someone else has a passion it's so attractive and it really doesn't matter what it is. When you talk about your passion, it's when you are being the most real.

It's so beautiful when a woman can really express herself. If you can talk about your passion, you can attract nearly any man. Watch our eyes grow as you talk about your dream of owning a bakery or spending a summer in India. Passion is so powerful that we can't resist it.

This is where truth is intertwined. A lot of people won't talk about their passion because they are afraid or secretive. You have to be honest with people. Let us see what makes you attractive so that we can fall in love with the real you. Don't hide your light under a lampshade.



Why Self-Confidence is Your Key to Having Your Pick of the BEST of Men

It takes self-confidence to be able to tell people about your passion. It can be scary. What if he rejects the real you? That can be painful and scary. But eventually he will meet the real you. Would you rather invest six months in a man who only likes the fake you? Or would you rather find out after five minutes that you guys aren't a good match and move on to find a guy who is right for you?

There is no resource more precious than time. So don't waste it on the wrong men.

The more you believe in yourself the more we will be attracted to you. One of the biggest signs that a relationship will fail early on is when one partner thinks they are dating up. When a man says to his girlfriend, "You are so beautiful, I don't deserve you," he is actually creating a dichotomy in their relationship. Who wants to be with someone who doesn't deserve them? Eventually this woman may start to agree with the man. How differently will he be treated then?

When two people with different worldviews meet, there are only three possible results. The man accepts the woman's worldview, she accepts his, or they walk away from each other. Two worldviews that disagree cannot coexist. So if one person thinks the other is better than him or her this creates a major problem in the relationship. Without realizing it, they are allowing their low self-confidence to murder their relationship.

This is a two way street and when a woman says this type of thing to a man, I know that the relationship is going to end. Two partners have to be equal with each other. Relationships need parity.

If you want to have a man with high self-confidence, you need to have the same level of self-confidence. Because relationships with unequal self-confidence always fail, the only relationships that can last more than a few weeks are relationships with people of similar self-confidence.

If you have low self-confidence you will date men with low self-confidence. And guess which type of men cheats the most?

Self-confidence is very attractive and a powerful way to prevent yourself from dating men who cheat. I will tell you right now that men (of high value) are very attracted to a woman who knows what she wants, is willing to work hard to get it and isn't afraid to talk about it.



How to Pick Your Right Guy

You just want to go to the right places to find the right kind of men. There is a factory making millions of new men every single day. It will never stop making more men, so the supply is limitless. You deserve someone amazing and he's out there. Just take the time to write out what you are looking for and then make a plan to actually find him and make yourself available.

With honesty, self-confidence and passion as a part of your life, you will be able to draw amazing men to you like moths to a flame. And please remember that it's not about looks, it's about charisma.

Think about that list of 12 adventures that you are working your way through. That list is 12 of the best places for you to find the kind of man you want to spend time with, because you like the same adventures. It's the adventures in life that you want to share more than anything.

I don't want to be with a woman just because we are from the same hometown or have the same color hair or have the same career. As I mentioned earlier the girl who was so awful on my date and made me feel bad about myself was actually an author. She was the first writer I ever met. Should I have gone out with her just because we have the same career?

You want to focus on men who share your same hobbies and passions – sailing, snowboarding, travel, foreign languages, sports. Whatever you love is what you should seek out in life.

As your story progresses, this phase is so important because it is so quick. The phases after this one last a lot longer and you don't want to invest that time unless you meet a quality man who is attracted to you for reasons that have the ability to last. This is your love story and you want to be sure you are connecting with Prince Charming.

Once you have met him it's time to start dating him.



Homework:

You now know a lot about yourself. It's time to release that into the universe. I want you to take all of the information so far and turn it into screening questions. Take the lists of your passions and adventures and values and split them into two categories: must haves and should haves.

Everything that a man must have is a deal-breaker. So if a man must have kindness, you want to find out as soon as possible if he doesn't so you can stop wasting your time. Travis talked about his test for this earlier when he sees how people treat waiters.

Make a list of questions that you can ask to find out if someone has your must-haves.

To help you out, here are my screening questions, which you have probably noticed appear all over the place in this book.

1. What do you love to do when you're not at work?
2. If you could go anywhere in the world tomorrow, where would you go?
3. Do you have any children?

I am trying to find out if she is free or anchored because travel and kindness are the two most important things I am looking for.

Once you have made your screening questions, I want you to actually go out and implement. These questions are worthless if you don't ask them. Start by asking all your girlfriends. Don't tell them what you are doing. Just mix your questions into the conversation.

This will help to calibrate you and get you used to the answers that people say. Now I want you to start asking men these questions. When you are out in bars or art galleries or cafes meeting men, you now have the list of questions a man has to get through to get to a date with you.

You are saving yourself a LOT of time by asking these questions now. And you will learn a lot more about yourself and the men you are talking to.



PHASE FOUR

DATING & Creating a Strong Love Bond



Dating is such a complicated subject because it has so many meanings to so many different people. I lived in England for a long time and people there don't really go on official "dates" like we do in America. A date in England is often going to a bar or party together.

They have a romanticized fantasy of American society that involves a stereotype of the 1950s. The man drives up in a Cadillac that he's borrowed from his father with a big bouquet of flowers and walks up to the front door to ring the girl's doorbell. He gives her the flowers, which she immediately places in a vase. They go to dinner and a movie and at some point during the movie he plays the classic "yawn" move. After getting to know each other during the night, if she likes him enough, he might get a closed-mouth kiss at her front door.

This might sound ridiculous to you or it might sound like your dream date. It's certainly how I dated in high school. But it's not how I date anymore.

With first dates it's not so much about the activity as it is about the conversation and the emotional experience.



First Dates

You don't get a second chance to make a first impression. So how do you make sure you get it right the first time? How much should you leave up to him? How can you step in without stepping on his toes?

Steer the conversation; one of the most important things is to avoid talking about boring topics. If you can, STEER AROUND boring topics such as a long diatribe of his or your responsibilities at work, your class electives, etc.

If a hunk of icy conversation gets dropped on the road in front of you, just like driving on ice, you want to STEER INTO THE SLIDE.

How?

By using open ended questions that steer into the conversation, but explore a DEEPER subject.

Here are some beginning exploration phrases you can use to steer with:

- ★ What...
- ★ How...
- ★ Why...

Tell me more about _____. Where _____ is the topic which could be more fun and revealing.

Here's an example:

Him: I speak 3 languages fluently and I work for the embassy translating Japanese documents into English.

You: Hmmm...a man of words huh? Impressive. **What's** the weirdest or most fun document you've had to translate?

Him: Well, they are usually 'legal' related so they can be quite boring, but I guess the weirdest one was how in Japan, when you get into an auto accident each party involved is assigned a certain percentage of fault. What's weird is that if you are a foreigner in Japan, you automatically get assigned a certain percentage of fault, because in their eyes, if you weren't in Japan, you wouldn't have had the accident in the first place.

You: Whoa! Thanks for visiting Japan! Come again so we can sue you soon!

Him: Yeah, exactly.



You: I love to travel; can you **tell me** more about Japan? Have you visited?

Him: I actually lived there for 18 months. (Silence.)

You: You must have learned quite a bit about Japanese customs? How has living with Japanese customs for 18 months changed you?

Him: Well, I speak Japanese well. But I was most moved by...(and he talks at length about who he is and how he's different after living in Japan and you learn MUCH about him...and he starts feeling connected.)



One of a man's deepest desires is to have a woman by his side who knows him almost better than he knows himself. (We'll delve into this more deeply later.)

IMPORTANT!

Your two main goals for your earliest conversations are to HAVE FUN and getting to know the REAL HIM.

Both are incredible aphrodisiacs to a man.

A man may work by day as a chiropractor, but he may secretly view himself as a struggling painter.

He'll bond with you almost immediately if you demonstrate that you see the REAL HIM.

Again...

Have FUN!

Get to know the real him.

Don't pry.

Take his cues and ask insightful questions.

If you sense hesitation, tell a story that reveals some of the real YOU!

More often than not, he'll go green and feel safe trusting you with something.



Date Mistakes Men Make With Good Intentions and How to Help Them

Men are taking women to stuffy French and Italian restaurants with awful lighting and waiters that won't stop interrupting. They are sitting across a table that's too wide to allow any physical contact and asking the most boring questions of all time.

These dates look amazing in the movies. But it's not reality. It takes writers days and days to write out those scenes where the man and woman have a really amazing conversation that starts the perfect relationship. Those scenes last less than five minutes in the movie. In real life you can be stuck there for up to two or even three hours. It's so hard to create intimacy.

The most important thing you can do as a woman is avoid boring topics. Don't ask boring questions about his job or his family. You want to avoid certain topics when you are just starting out. Don't ask about his ex girlfriends or wives. Don't talk about religion or politics. Instead really dig in and find out what he loves to do. Find out his passion and then express yours. Also it's nice to mix in some flirting.



As we mentioned earlier, there are three core elements of attraction – honesty, passion and self-confidence. As much as you want to reveal these traits in yourself, you want to find them in him. This will actually make you more attracted to him.

You *COULD* come right out and say, "I am an extremely passionate person," but a much better way is to tell him a TRUE STORY that demonstrates your passion. Not only do humans bond faster and quicker with stories, but because you've shared a story you've given him an opportunity to share a story of his own with you.

Side Note: One of the ingredients in intimacy and bonding is SHARED EXPERIENCE. Physically sharing an experience together is the best form of bonding, but a sharing an emotionally based story is the NEXT best thing.

Always remember that you're playing the long game. If you want to develop a relationship with a man, you have to give him something to look forward to. Plant seeds about the fun things you like to do.

First dates can be a lot of pressure. It kind of feels like you are playing poker and going all-in on the first hand. Instead, think of it as an opportunity to have some fun and possibly connect with a great guy. If you turn it into a husband audition, many men will freak out and disappear.





MY ONLY BLIND DATE

I can't go into many details because this girl is famous, but my dad set me up on a blind date a few years ago. She was pretty cute and on our date she did everything she could to make sure I never saw her again. Her plan worked like a charm.

We were going to a concert together and so she told me to meet her in a bar near the venue beforehand. It would give us a chance to meet and see how we connect. So I get to the bar first and order a beer. She comes in a few minutes later and I ask her if she wants anything. She then tells me that she doesn't drink.

I felt like a total jerk.

It only gets more amazing.

During our date, she asked me how many children I want to have. Where I plan to raise my family? How often I cry with my father? And then she told me that it breaks her heart my dad and I don't cry together often enough.

I used to be such a nice guy that I actually gave her a second chance. I called her a week or so later. I thought maybe our first date was an aberration. She told me that she was in the middle of shopping for wedding dresses with her friend.

I hung up the phone.

The girl from this story had no idea that she was doing everything wrong. She was so self-absorbed in her own journey that she never really noticed how she was making me feel or how I was reacting to what she was saying. I let her control where we met and most of the conversation. Normally, meeting in a bar is a great start to a date, as a drink or two can calm any nerves, but don't meet in a bar if you don't drink. That is only going to create an awkward situation.

You don't have to be perfect on a first date but you also don't have to be ridiculous. Just try to have a nice time and enjoy yourself. There is nothing more attractive than someone who draws you into their good time. I once went on a date with a girl to a masquerade ball. The place was almost empty. But we had an amazing time because we created our own universe.

Remember that dating is supposed to be fun and you can CREATE your own fun in almost any environment.

In most situations the man will decide the venue for the first date. So you are in a more adaptive mode. Your real goal is to use what he gives you and create a good time and a nice connection. If you can do that, then you can turn a bad venue into a good date.



Your ONLY Goal On A First Date?

Assuming you're on a first date with a man who you feel has potential, your only goal is simple:

MAKE HIM WANT A SECOND DATE

In fact, you want the date to end with him asking in a hopeful way... "When Can I See You Again?"

If you don't get to a second date, your relationship boat ceases to float.

On your first date you want to:

- ★ Capture his attention (by doing everything we've been discussing so far)
- ★ Pique his interest and build **SHARED EXPERIENCE**. Physical shared experience like a roller coaster ride or haunted house is best. Shared experience through story is second best.
- ★ Leave him wanting more. Imagine a good cliff hanger episode of the TV series *Lost*. You always thoroughly enjoyed the episode and never felt cheated when it ended (most of the time), but they never revealed the **WHOLE** story in one episode and you couldn't wait for the next episode because of **HOW** they ended the current one.

I'm not saying to be manipulative and hold back, I'm saying don't gift wrap your life in the DVD series and let him watch in one marathon sitting.

Give him one episode at a time...for now.



Know What You Want & Be The Love You Want



If you don't know what you want, how will you know when you find it? Every book on success talks about writing your goals down. When we fail to do this, we often settle for less.

There is a reason I asked you to really list out what you are looking for in a man. It will help you to actually find the person that you really want. If you just keep dating the first man to ask you out, you will always have flawed relationships.

I have an ex girlfriend from quite a while back that I still stay in touch with. Our relationship broke because she was a rampant cheater. She had quite a few guys on the go and it was just not so great. We are still in communication and I always find it quite interesting that even five years later she hasn't changed. She still has really fractured relationships that never last.

The biggest reason her relationships fail is that she is almost never single. Usually she only spends a few weeks between boyfriends. Because she spends no time alone, she has never really had time to develop her core sense of identity. And even worse, she hasn't taken the time to figure out what she really wants. I still care for her a great deal and hope that her life goes great, but as long as she has no goal she will never achieve it.

You need to be selective in your relationships and you need to have real deal-breakers. I have some in my life and you need to have them in yours. Is cheating a deal-breaker for you? What about going to strip clubs? What about if he has kids? What about if he calls you stupid? What about if he lies about money? What about a guy who will never get married?

You better decide what you want. Because if you wait until you are six months into a relationship to start deciding what you want, it's going to end in tears.

I ask very specific questions when I first meet women to see if they are even eligible to date me. I am planning on spending the next few years traveling around the world, experiencing new cultures and visiting all of my old friends. So when I meet a new woman I ask questions to find out how tied down she is to where she lives. Most Americans die within fifty miles of where they were born. I don't want my girlfriend to turn into my anchor. So I ask screening questions to see if we are a good fit for a long-term relationship. I don't want to invest in something that will not work well in the long term.



I am extremely fascinated with all forms of modern psychology and I pay a lot of attention to studies of human behavior. The fear of loss is a stronger force in humans than the desire for success. It's the reason that people keep gambling when they have lost money – they just want to win back what they lost. Even though the logical conclusion is that they will keep losing.

This is why so many women stay with the wrong guy. They don't want to lose their initial investment of time. You don't want to lose your youth on the wrong man. This is why you must know up front what you want and what you deserve. This is a key step in getting the ring from the right guy.

It's a common story, she's six months "invested" into a relationship and she realizes she really wants kids, he doesn't, and she decides to stay and tries to convince him he REALLY does too. She's tempted to "forget" to take her birth control. Once she's pregnant, surely he will change his mind!

Do you see how she's a woman too focused on losing? When she should be more focused on what she REALLY wants?

There are millions of great guys out there. Keep your list of what you are really looking for in a guy with you and ask him questions during the early days of dating him to see if you are actually compatible. I'm not suggesting that you ask him on the first date how many kids he wants. But it is a good idea find out about his life goals and his dreams and aspirations to see if they match what you want in your life.

You deserve to be happy.

Mahatma Gandhi says, "Be the change you want to see in the world."

It's important to determine what qualities you want in someone else, it's even more important to adopt these very qualities in yourself. When you do you'll attract your ideal man faster and develop a loving relationship you can both depend on.

If you want love, be loving.

If you want compassion, be empathetic.

If you want to be heard, listen.

If you want trust, be trustworthy.

If you want honesty, speak the truth.

If you want support, lend a hand when needed.

If you want to be understood, seek to understand.



What's Your Attraction Score?



We talked a little bit earlier about Pokemon and how each of your different traits can earn you points toward your total attraction score. Now that you are going on dates with men that you are attracted to, we want to dig even deeper into real foundational attraction.

Your goal during this phase of the relationship is to turn all of your great qualities into the bricks you will build your romance story on. You don't want to feel a great pressure here like you must demonstrate what a wonderful girlfriend and wife you can be.

This part of the story is about having fun and finding opportunities to show your best side. Men rarely think long term during the first few weeks or months of a relationship. I barely think about tomorrow with my own life.



The most important thing you can do during this phase is to be fun. Being fun can outweigh almost any other of the characteristics we are about to talk about. I remember my fun dates way better than I do the ones where I had deep conversations and connections. We remember experiences more than anything.

One of a man's pervasive fears entering a long term relationship is he'll have to give up his sense of adventure and fun...forever. Having fun together turns his signal green because he feels you add to his adventure.

I remember almost every second of my date to the masquerade ball. That girl was amazing because everything we did was so much fun. Our first date was a week earlier. I met her around five or six on a Sunday evening in London.

In the UK Sunday is a day where people have a huge lunch and spend all day drinking. My Sunday was no exception. I was with one of my dating mentors Darren all day bar hopping. So I showed up hammered for our date. I tried to hold it down but I think she knew. She immediately ordered a double black Russian. I have never even heard of anyone drinking this besides my dad.

In that moment I knew she was awesome. Instead of getting mad at me for drinking all day she decided to catch up. She was so much fun. Dating wasn't any pressure at all. We just did things that we liked to do.

When you are dating men, if you're not having fun something is wrong.



So as long as you're having fun let's delve inside the minds of men. Knowing how men become attracted to women will give you a powerful edge during these first few dates.



How'd you like a simple way to not only QUICKLY bond with your date, but also appear MORE attractive at the same time?

In a 1974 entry in the [Journal of Personality and Social Psychology](#) a study found evidence linking heightened sexual attraction under conditions of high anxiety.

In short, the study asked two groups of men to walk over two different bridges.

One group of men was to walk a bridge only 10 feet above water. (Safe bridge)

The other group was to walk a bridge over 400 feet above water, which swayed in the wind. (Dangerous bridge)

Before either group walked the bridge an attractive female 'researcher' gave each of the men a picture and a questionnaire, she asked them to look at the picture and make up a story about it and then handed them her phone number.

With me?

She further instructed them to call her afterwards to tell her about the story about the questionnaire.

Here's where it gets fascinating!

Guess what percentage of the men called who went over the SAFE bridge?

15%

Now guess the percentage of men who called who walked the DANGEROUS bridge?

50%!

Now the two gentlemen conducting the experiment, Donald Dutton and Arthur Aron, were NOT convinced that the larger percentage of men who called were actually more attracted. They thought that other factors could perhaps be in play.

So, they tweaked the experiment and had the female researcher survey one group of men AFTER they had completed the dangerous bridge, BUT before their hearts and breathing slowed down...and survey another group after they had a chance to catch their breath.

The findings?



The men surveyed while still panting and heart pounding not only gave higher attractiveness scores to the female researcher...but many called to ask the researcher for a date.

And both researchers confirmed that the term in psychology called the *Misattribution of Arousal* was in fact valid.

Now, I'm not recommending you suggest to your date that he and you find the nearest 400-foot bridge and go jump off☺

I do want to draw your attention to several SOCIAL advantages of HIGHLY charged emotional experiences, which can be as simple and fun as a roller coaster ride or racing go karts; or as daring as a skydiving or hang gliding date (although I wouldn't recommend that as a first date.)

Among these advantages:

- ★ You showcase your SENSE OF ADVENTURE, which acts as a slight inoculation against a man's fear of losing HIS sense of adventure.
- ★ You get to SHARE an emotional and fun experience. Shared experience is the foundation of human bonding.
- ★ As the study shows, you'll seem even more attractive to him.



The Reflexive Attraction Principle Which (almost) Always Works On Men



Almost no man is immune to reflexive attraction; even though I am completely aware of reflexive attraction, it still works on me completely. That's how powerful this psychological principle is.

It's been said, men never really grow past eighth grade emotionally. The things that worked on us way back then still work on us today.

I was in Los Angeles last weekend with a client. We were meeting tons of lovely West Coast women and he was really getting better at dating. We met a nice girl in a café while he was building up the nerve to ask out a major celebrity. We ended up hanging out with her that night. In our car I told my buddy that I wasn't interested in the girl that night, so he was welcome to go for it. I wasn't interested in her really. She was a nice girl but just not my type. An hour later he tells me that she's into me. My attraction skyrocketed. As soon as he said she liked me, I became a lot more interested in her.

I would love to tell you how men are evolved, sophisticated creatures, but it's simply not true. We are simple. If you like us, we will probably like you back. Every man has a bare minimum he's looking for in a relationship. Let's say a man feels like his value is fifty-three points. Then he will date any woman who has fifty-three or more points and likes him back. How much higher he will go above his own score is directly related to his self-confidence.

So let's find out how you can maximize your attraction score.



What Men Really Find Attractive

Each of these attractive traits is worth something to a man. Each man values these traits differently. So you want to take advantage of one of the most powerful dating secrets in the world.



There is a reason this concept appears multiple times in this book. It's unbelievably powerful. Would you marry a man who is very good-looking but can't read and is unemployed? No way, right? In your mind you have a tally sheet or scorecard. You mentally tally points in different categories.

You need a certain number of points in each of YOUR categories too.

I learned this concept a few years ago from one of my dating heroes Henrick. I was in Stockholm celebrating my birthday with some of the top dating coaches in the world. One of my friends at the time was so stressful to hang out with. He would always go after any girl I was attracted to. We would be in a bar and I would say you can pick any girls you want to talk to first. But no matter what happened he would end up just going after the girl I was talking to. Even if I would walk away and go talk to a new girl, he would then come and hit on her.

I found it very stressful, as I have no interest in fighting over girls. There are tons of amazing people out there, so why waste your time being silly?

One of the most powerful dating secrets in the world....

Breadth of attraction BEATS depth of attraction!

In Stockholm, things came to a head and I was getting really upset because I didn't want to compete with my friend for women. My friend Henrick finally took me aside and taught me about breadth of attraction. Rather than dig into one of my areas of strength I would bring up twenty or thirty in the first fifteen minutes of conversation. By the time my other friend would show up it was too late. He couldn't compete.



Breadth of attraction is about having a ton of DIFFERENT attractive traits. When I meet a girl I tell her about my writing, my traveling, living in Japan, taking care of my niece, working for myself, that my dissertation was published. I drive a convertible, I live in an amazing apartment, I qualified for the Junior Olympics twice in full contact martial arts, I was in a punk band in high school, I had a radio show in London for a year, and I have DJ'ed in clubs on three continents.

I have done a lot in just one paragraph. You know a lot more about me now but also, I have different things that can connect with each type of woman. Each woman who reads that paragraph will rank those traits as differently attractive. Some women care the most that I live in an amazing apartment and have a cool car. Some women are more interested in the fact that I love babysitting my niece. Some women will hook onto my musical experience.

So now when another guy shows up and just works how rich he is, that's all he is. He is a man with a single, really-good Pokemon card and all he does is play it all night long. And that's great for him. But when there are 40 of my Pokemon on the table, do you really think that guy can compete anymore? I've got over 100 points on the table with just one paragraph.

Anything that works on women tends to work about fifty times better on men.

So work on building up a few points in each of these categories and you will become invincible.

Let me demonstrate how BOA is a really powerful principle in other ways.

I am going to draw upon a rather grim example only to clarify my point.

Ever wonder why a woman would date let alone marry an ex convict? (or just think of a girlfriend where you've wondered...WHY HIM?) Do you think she must have serious self-esteem issues?

Perhaps, but what may be working inside her head is the **Breadth of Attraction Principle**.

More than likely, what's happening is she's mentally scored him well in several categories.

Because he scores well OVERALL she discounts his low score in 'social acceptance'.

You or I as observers are mystified, but we are giving most of our weight to the fact he's an ex con.

Because we DON'T see her tally card, we don't see how perfectly he scores in other categories that are important to her.

We also can't know what other psychological cards have been stacked...*against her* if we look at it one way...or *for him* if we look at it another?

(Note: Remember, human bonding and attraction is an emotional response. I've spent years studying how little of a role rationality plays in the drama of love and sexual chemistry and have helped thousands apply this to repair broken relationships...even when there was only one person trying.)



It's likely that meeting the "ex con" triggered her PRIME DIRECTIVE on some level, then add to the "recipe" that maybe they met at a highly emotional setting such as AA, or drug rehab therapy which means they share HIGHLY EMOTIONAL experiences.

IMPORTANT!

Now, I humbly apologize if talk of "ex cons" and formulas were a big turn off. I want to impress upon you how important it is for you to understand how YOU can use these formulas to not only see how attraction works for you, but also to understand how it works for him.

MORE IMPORTANTLY, how you can use this formula to YOUR ADVANTAGE.

She may be aware that he is highly attracted to her. (Reflexive Attraction) Either he told her, showed her or she found out by friend or intuition.

For you math lovers it could look a little like this:

$PD + BOA + (SEE * F) + RA = \text{Deep Feelings of Love}$
(even when it makes no sense logically)

Where:

PD = Prime Directive

BOA = Breadth of Attraction

SEE = Shared Emotional Experiences

F = Frequency of SEE

RA = Reflexive Attraction

There are other factors that could be included or subtracted from the formula.

Here's just some of the ways: (Please play nice.)

- ★ You'll have an advantage over other women.
- ★ You can accentuate your positive even if you can't eliminate the negative. (BOA)
- ★ You'll be able to slip underneath his intellectual radar and trigger his primal response.
- ★ You'll make him feel like he's falling in love with you and is powerless to stop it.



The Physical – How Important Are Looks To A Man?

Looks matter. They matter more for women than they do for men. I'm not going to sugarcoat. But there are a lot of other factors than just traditional beauty. As I discussed earlier, each man has specific and unique attraction triggers. What's more important is being healthy. The more you work out and the better your shape, the more men will be attracted to you.

MAN TRUTH!

Men may first be attracted by looks, but they stay (or leave) because of personality.

As with all traits, if you are too good looking, your number of prospects will actually diminish. Attraction is a bell curve. Most men are attracted to women who are pretty attractive but not super attractive. So just do your best here. Take the time to go to the gym and work on your appearance. I know it sounds awful, but it is just reality.

The good news is that you can only have ten looks points. And you can get ten points using other categories quite easily!

Intelligence Is The New Sexy



Intelligence is the new sexy. Really high quality men are struggling to meet intelligent women right now. This is the number one complaint I hear from men these days. The smart women are just hiding. Nerd chic is IN, in a major way. If you are smart or successful in your career and you're spending your Friday nights at home with a good book, there are dozens of men suffering. If you think you can't compete with good-looking women, please think again.

Beautiful women are great at getting short-term relationships, but struggle keeping them. Intelligent women get a lot more boyfriends and real relationships. Right now intelligence is one of the hottest commodities.



There is this really bad rumor going around America right now, and I'm hoping that it's not international yet. A lot of women think that they have to hide their intelligence in order to get a good man. This is simply not true. If you are hiding your intelligence you are starting off on the wrong foot. You have to be yourself to find the man that's right for you.

Parallel Passions and Interests

It's nice to date someone who has some interests in common with you. If you have a passion for sailing, it's really nice to date a man who enjoys sailing too, right? Would you want to be married to a man who gets seasick all the time? Either you have to give up your passion or you have to give up your relationship. That's not a fun place to be.

The more shared interests a man and woman have, the easier it is for them to spend time together. When I was in high school I dated a girl who hated dance music. We would go out for a few hours and then she would go to bed and I would go to a rave. We had different interests and we found a way to make it work, but only for a little while. I never cheated on her and actually I had really strong feelings for her, but it was a little bit ridiculous. It's much nicer to be with someone who likes what you like.



Comfort Will Make Him Want to Run to You



All men want someone to hug us when we have an awful day at the office. We don't want to hear how you're disappointed. We already feel bad enough.

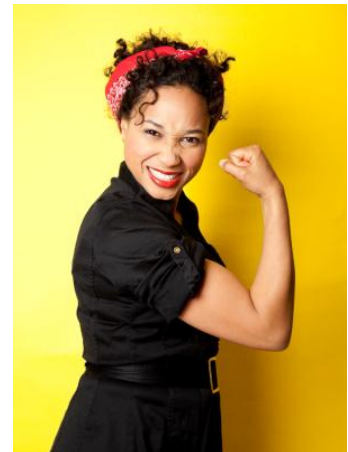
It's surprising how hard it can be to find a woman who is willing to be a port in the storm. If you have the ability to make men feel safe, this is very attractive. All men love nurturing.

It's ok to allow men to feel safe. I have a friend who's getting married next month. His fiancé is one of my favorite people in the world. I have only hung out with her three times. But she makes me feel like I can be myself. And that's an amazing feeling. Most men feel judged all the time. The more you can replace judgment with comfort the more attractive you will become.

Strength is Magnetic

A woman secretly hoping for a man to fix all of her problems will never be satisfied. Women who find their inner strength are rare and beautiful creatures. I know a lot of women who meander through careers that they hate because their plan, subconsciously or consciously, is to meet and marry a rich man and have him take care of her.

That's not a very attractive strategy. It's really nice when a woman has something going on and when she knows who she is. A strong sense of identity is very sexy. The more you believe in yourself the more men will believe in you as well.



Sexuality – Let's Talk About Sex, Baby



We all talk about it and we all pretend that we don't. But sexuality and sensuality matters. Men want to be with a woman who makes them feel safe and desired and sexual. This isn't about pushing you into the extremes of sexuality but it is about being proud of it.

There are certain sexual acts that men just believe are standard in relationships these days and anything beyond this is really a nice bonus. The more in touch you are with your sexuality the better. There are a lot of really beautiful women who put in no effort in bed and for that reason they just can't keep a man. Or their men cheat. So take the time to get comfortable with your sexuality.

I have a friend in this exact situation right now. He's actually pretty conventional sexually. He is dating a new girl he really likes but she doesn't do a lot of things that are considered normal these days. She has a very Victorian attitude toward sex. Every time they are together he is struggling to expand her sexual horizons. It can be very complicated when two people are at different ends of the sexual spectrum. Sexual compatibility and a willingness to connect are really important in a relationship.

I know a lot of guys who cheat because their girlfriend "would never do that." A lot of times the woman actually would if he was brave enough to ask. A lot of men feel like they will get in trouble if they ask for anything that's not on the official menu. If you let him know it's ok to ask and communicate, then you will be able to protect the future of your relationship.





How do you keep him hot for YOU in the bedroom?

...Even if you've been together for years?

My wife has kept me faithful and happy for 16 years, she may have a secret you'd like to know?

I have to tell you, we ran out of different positions and "acts" years ago.

She "did this" the first time we slept together.

She "does this" 16+ years later.

I can tell you what it is and I don't even have to get rated R.

Her secret is it is all in her ATTITUDE.

The right ATTITUDE trumps the actual SEX ACT.

What's her attitude?

It's that she WANTS ME!

She shows me by the way she looks at me, what she says and how she acts that she WANTS ME.

Me!

She's not doing it because she wants something from me.

She's not doing it to make me happy.

She's not doing it because it's what a wife is supposed to do.

She makes perfectly clear, before, during and after, she loves sex with ME.

When you SHOW your man you want HIM and how badly you want him, not only will you unleash his "inner beast in the bedroom", but you'll give one of the DEEPEST compliments and gifts you can give a man.

He'll feel connected to you in a way that no "position or favor" alone can make him feel connected.

In short, this is how you make LOVE to a man.



It's how he bonds to you sexually.

A man who is bonded to you and feels like he can safely express himself with you in the bedroom finds DEEP SATISFACTION and does NOT go looking for satisfaction elsewhere.

Why would he?

Men don't (normally) have affairs because his girlfriend or wife won't perform certain acts, or because he isn't getting enough at home...per se.



Men start becoming dissatisfied if he feels his woman is not attracted to HIM or is not sexually aroused by him.

Yes, he has physical needs.

BUT...

What wrecks him emotionally is at his core he doesn't feel like a man if there's not a woman who wants HIM.

I coached a woman who was separated from her husband. She desperately wanted to reunite. He was very reluctant. One of their biggest issues (but not the only one) was how infrequently they made love. She was disappointed in a number of things he did and she was in a sense "withholding sex" as a kind of punishment.

Once they separated, she found clarity and realized what she was "upset" about wasn't worth destroying the marriage.

Problem was...he was rejecting getting back together...(His heart light was BRIGHT RED!)

Because he felt she no longer desired HIM, he was EMOTIONALLY starving to find a woman who WOULD want him.

At this point, she was perfectly willing to do just about anything in the bedroom. She was still sexually attracted to him.

She even told him she'd do "anything" to get him back!

He was having none of it.

Why?

Because in his mind she's only capitulating to save the marriage. He wants her to want HIM, not to sleep with him to save the marriage.

What to do?



I saw what to do to get the ball rolling in the right direction immediately. I explained to her the concept I just explained to you. Then...

I told her to set up a “fun” lunch date (they were still seeing each other) and not to discuss ANY of their current problems.

At some point I want you to lean over and whisper three words in his ear.

I want you to whisper them as convincingly as you can.

And I want you to wait for his reaction.

If he doesn’t react, wait awhile and then whisper those three words again.

I also gave her some advice on what to do if he did react.

She emailed me the next day and told me she only had to whisper the three words once!

While they still had a few things to work out, they had “make up sex” and were arranging for her to move back in.

What were the three words? Words that will rock almost any man’s world?

“I want you.”

When Should You Sleep With Him The First Time?



Should you play hard to get?

Will he think you’re easy if you bed him too soon?

Will you devalue yourself?

These are really the *wrong* questions to be asking.



Here are two questions you *should* ask yourself:

1. *Do I want to sleep with him?*
2. *If I sleep with him now, can I handle it if things don't work out?*

If you answer YES to both, then you'll likely advance your relationship and on more solid ground if you sleep with him sooner, rather than later.

I know I'm smacking the face of conventional wisdom.

Listen, when you want to sleep with him, but make him wait because of some "rule" or because you are playing the "hard to get" angle, he KNOWS! He may not know intellectually, but he *feels* it in his gut.

What his gut is telling him is:

★ You don't want to sleep with *him*, but you want SOMETHING from him. 

★ You play games which sends up a  about your honesty and trust.

★ You are a challenge, but NOT likely "special woman" material. 

The way this plays out in REAL life is:

- ★ You think "hard to get" is working because he pursues you with more fervor. What you DON'T understand is you've started "the game". He's a man with biological wiring to accept and be excited by challenges, he accepts your challenge, BUT...BUT...what he is now trying to win is NOT YOU. What he is trying to win is a sexual conquest.
- ★ When you do sleep together, he can't make the DEEP emotional connection with you for the reason mentioned above, but also because he feels like you slept with him not out of attraction for HIM, but because you are trying to get something from him. Every man wants to believe he can sweep his special woman off of her feet. By playing hard to get, you PROVE (mostly in his gut) that he can't sweep you off of your feet.
- ★ Soon after he "wins" the game, he pulls away.




Contrast this with being honest and authentic!



After your second date you find yourself head over heels for him and know you want to make love to him. You feel like he's not just in this for a score and you flirt and let him know how hot he's making you.

He invites you over to his place listen to a song he's writing and you say, "Yes, but you can't promise to behave because he makes you crazy. **He'll** have to be the one with self control."

What his gut tells him:

- ★ WOW! She's really into ME! (He may FEEL and think this several times) 
- ★ She doesn't play games. I can lower my guard and trust her. 
- ★ She=fun and adventure. 

What happens in REAL life for him is:

- ★ Passionate and uninhibited sex.
- ★ He forms a DEEP bond with you because you've validated HIM in the most intimate and important way a man can feel special. He feels satisfied physically and emotionally.
- ★ When you leave, he can't stop thinking about you. He plays over the night again and again in his head. He can't quite place his finger on it, but he feels something special. There was so much passion, such a connection.
- ★ He's so excited to relive and build on the connection he calls you the same day. He can't wait to see you again.
- ★ He feels the birth of an honest and authentic relationship.

WARNING!

Sometimes the harder you fall for a man, the more he seems like a future Mr. Right, the harder it may be for you to be authentic about your feelings.

(Remember, most of this is happening in his GUT, he likely is not vividly creating this conversation in his head.)

You worry you'll "screw it up".

So you inhibit yourself. You hold back.

It's not really a matter of you being honest, but more of you being afraid.

I understand.



WARNING!

Be aware, the more real feelings he has for you the more he worries too. When he cares deeply is when he is more likely to care about "his performance".

If a man starts out very uninhibited, but seems to get more inhibited, it's likely because he cares MORE for you and not that he's losing interest. Let him know he drives you crazy and he'll come out of his shell.

To start your relationship out on the path to a long future, it's even MORE important to take your mind OFF of the future and place it on being in the moment with him.

Make love like it's your last time!

Or...if it helps...

Make love like it's a one-night stand.

How can finding and growing TRUE LOVE start by withholding feelings?

If you hold back, he will too.

Love says, "let it out."

Adventure and Travel

There is something that is so sexy about a woman who likes to travel and have adventures. In this day and age it's possible to be on the other side of the world in twelve hours. Yet so many people will die within a few miles of where they were born. For a lot of men I know travel comes very close to intelligence on the importance scale.

This is a more important trait for successful men. I travel around the world constantly. Over the next six weeks I am in Los Angeles, Tampa, New York City, Costa Rica, Texas, Nevada and Norway. So a woman who doesn't have a passion for travel just doesn't fit into my life.

One of the great benefits of being financially successful is the ability to travel. If you have an interest in seeing the world, you should express it to the men you meet. I actually have a problem in my dating life right now because I can't find any women who are as comfortable with travel as I am. This is a uniquely American issue. In most other countries travel is a beautiful way of life.



Women who love to travel are very attractive. It doesn't matter whether it's backpacking or staying in five star resorts that you love, there are men out there looking for a woman with that trait.

Passion for travel is actually a waterfall trait. People who love travel tend to be more independent and self-confident. Of course this really describes people who have actually taken action on their desires. People who actually have traveled abroad tend to have more evolved political opinions and a better understanding of how the world actually works. I've lived most of my adult life in foreign countries. It is hard for me to date someone who has never left the United States. We just see the world in different ways.

Create Space in Between your Dates



Have you ever been on a great date with a guy you like and then a few days later you are telling your friends that you aren't that interested anymore because he calls too much? You had a spark of attraction that needed Oxygen to grow. If you get too close to a small flame and put pressure on it, it will flicker out.

If you give a man enough room, he will fall in love with you. It really is true that distance makes the heart grow fonder. Later on I'm going to share with you exactly how a little space made me fall in love with a girl, but for now we want to realize that putting too much pressure on the first few dates can smother the relationship.

Men need the space for their attraction to solidify. If you are with him every day too early on in the relationship story, it puts a constant pressure on him emotionally. Even if he really enjoys spending time with you, he will not be able to develop real feelings. Men develop feelings when we are with you, but they solidify into something lasting when we are alone.

One of my good friends is just at the end of a three-week relationship. Three weeks ago he was telling me how this girl was amazing and perfect. They see each other constantly and have already gone on a trip together. She calls him ten times a day and texts him at least thirty. Even though he likes many things about her, she has made sure that he has had zero space to develop strong feelings for her. He's already talking about breaking up with her.

The way to avoid neediness is to find parity. Try to maintain an even level of communication. A one-to-one text ratio is the secret to phone communication. Things only get weird when you start calling him three times for every time he has called you. This is a really common challenge for men in the beginning of a relationship.



They get your number and call you the next day. There is no answer. Should he leave a message? Should he hang up and call back later. Should he send a text? How long should he wait to try again? This experience is awful for men. And once you start dating a little bit, the tables turn and it becomes awful for women. After a few dates you are left wondering when he's going to text. Should you call him? Is there going to be a second date?

Men and women play this awful game with each other because we avoid confrontation rather than be honest. It's a difficult place to be when you are in an emotional place. So let's just keep it logical. Just maintain a one-to-one ratio in your communication with him. It's the perfect balance and it will allow you to stay in a safe place.

Men experience emotions differently than women. So give us the space to fall for you. A little bit of room can go a long way.

This is an area where women need to visualize how men handle feelings differently than them.

Women typically (not always) fall in love in the presence of their man.

Men may end a date or encounter feeling wonderful and warmly connected, but he falls in love and realizes how much you mean to him when you're absent.

Be Unpredictable



Familiarity is boring. As soon as you let your relationship turn into a routine, it will stagnate. Spontaneity is the spice of life.

There are a lot of ways to be unpredictable. You can take a day off work and go have an adventure. You can go to a club instead of a movie on Friday night. You can call him and not call him without rhyme or reason.

Just like cats chasing a ball of string, there is something about chasing something that is unpredictable that we really love. I love when I'm dating a woman and I have no idea how it's going to play out. That period of not-knowing is so rare in our society these days. With the advent of Google, the time between not-knowing and knowing something is almost non-existent. There is almost no mystery left in our lives. You can fix this problem by being a little bit mysterious.



This unpredictability ties directly into giving him space to become more attracted or fall in love with you. Once things stop becoming unpredictable they start becoming boring. And that's what kills a lot of relationships.

He Craves Compliments Too! -How to Compliment without Feeling Inferior

One of the defining aspects of modern society in the West is the concept of gender equality. Since the women's movement, life has changed for women. The economy has shifted in reaction to this and the result has been that most women work and most children grow up in homes where both parents work. Whether you think these cultural shifts are good or bad, the one thing that has gone out the window is the compliment.

There is this idea that has been propagated amongst women that complimenting your husband or boyfriend is a form of subjugating yourself. Wives in the fifties told their husbands how great they were and how much they admired their success at work. Modern wives are their husbands' equals and thus should not lower themselves in this manner. Of course husbands in the fifties cheated a lot less.

I compliment the men I work with all the time. I have business relationships with several men over many projects with complicated hierarchies of power and authority. Sometimes I will hire one to work on a project for me and at the same time we are equal partners on another project. The reason my relationships succeed is that I am not obsessed with ranking. I care more about keeping the people around me happy than anything else.

Every time one of the men I know does a good job on a project, even if it's not a project with me, I tell him he did a great job. I am an alpha, team leader, entrepreneur man – whatever you want to call it, and I compliment men all the time without losing my own value. Your value, self-confidence, or self-respect only go down when you allow them to go down in your own mind. I don't believe that saying something nice lowers my status and therefore I can compliment as much as I want without losing status.



I learned the true value of complimenting in high school. I didn't really have any friends until I was seventeen. School was tough for me and I didn't have a lot of friends. I eventually started hanging out with kids from other schools and I decided I wanted to have friends. So I studied the most popular guy I knew. Every time he saw me he would give me a compliment. He told me he liked my sweatshirt at least fifty times. I don't know if it was tactical or just his nature but he made everyone feel good about themselves. That's why I end up mentioning him in all my books more than a decade later.



He complimented people all the time and it never lowered his value. Instead it earned our loyalty.

The real key to maintaining control while giving a compliment is to prevent the reply. If you want to give your man a compliment and maintain your strong status, just give him a compliment and then change the subject in the same sentence. He will still feel amazing and he won't have the chance to compliment you back. Here's an example:

"You got the promotion? That's so great, honey. I always knew you could do it. Let's go out to celebrate. Do you want steak or hamburgers?"

It's a little bit simplistic but the key is that the compliment is sandwiched right in the middle. He doesn't have a chance to say thank you because he is now deciding what he wants for dinner. Of course you can also just give you man a compliment because you know that he needs admiration like a flower needs water and you want to have a great relationship.

The simple fact is that compliments work, especially when delivered properly. Saying something nice to a man does not make you subservient to him. It's not a sign of weakness. Santa Claus doesn't lose any power when he gives gifts. In fact, the more gifts he gives, the better he feels and the more powerful he becomes.

It's actually the easiest way to seduce a man. I think one of my friend's current girlfriends is no good for him. She is throwing red relationship flags all over the place. But the first thing she ever said when she met me was that she likes my hair. So I'm not pushing him to break up with her.

That's right. Even someone who spends their entire life studying relationships is susceptible to the power of the Santa Claus compliment. It's ok to make people feel nice. And if you want to draw a man into your power, just start complimenting him. If you are just saying what you feel because that's the kind of person you are then you are not showing weakness, you are showing strength.



Men have fragile egos, no matter how much we pretend that we are the strong, silent type. So please don't play games with compliments. It will only lead to friction in your long-term relationships. Just give a guy a lot of compliments that you actually mean and you will have him eating out of the palm of your hand.

Whenever you are thinking about something you like about a man, just think to yourself, "What would Santa do?" This will empower you and allow you to give a compliment.

Compliments are a powerful and necessary tool throughout the story of your relationship.



Homework:

I want you to make a list of compliments that you should give people. Make a list of 100 compliments for all the people in your life. This might take an hour, but it will change the entire course of the river of your life.

Then I want you to spend the next 1-2 weeks saying everything on your list. This exercise is about actively changing your personality. You want to become a person who says nice things. People who say nice things get to have nice lives.

CAN YOU COMPLIMENT TOO MUCH?

A few years ago, one of my mentors Pete gave me an exercise to do. Now it's important to let you know that Pete often gave me advice for the sole purpose of messing with me. When I asked him for the perfect date movie, he recommended a movie that would freak out just about any woman ever. But this was before I realized that Pete liked to mess around with me.

So his exercise was to spend a week complimenting people, until they told me to stop. The goal was to see if I could compliment someone so much that they would ask me to go away. I was trying to find out if there is a border at the end of the nation of Compliment.

I wanted to see what was on the other side of the rainbow.

So I tried and I tried. I told one couple in front of all of their friends that they needed to have a baby as soon as possible. Two people as good looking as they should not keep away a treasure like their beautiful baby from the world. They were so amazing that I knew their baby would be the final hope of mankind and our one chance of stopping Global Warming.

I went on like that for almost an hour. Nobody ever stopped me. There is no border at the end of the nation of Compliment. It just goes on forever.



PHASE FIVE

Becoming a Girlfriend



After a period of dating it's time to cross another bridge on the path to getting your ring. It is time to codify your relationship. Give it a name. Make it something real and tangible.

A lot of relationships just slide from dating to exclusivity without anyone ever directly saying it. Most girls wait for the man to call her his girlfriend to someone else and that's when she decides she is his girlfriend.

This is not the path we want your story to take. As a man I know that sometimes when we are introducing the girl we are dating to one of our friends or acquaintances we are in a dangerous situation. He can say that you are his friend. He can say that you are his girlfriend. Or he can just say your name in an attempt to avoid making either choice.

As adults we don't really have a clear term for when two people are in the early dating phases. More than friends, but less than boyfriend and girlfriend. When I was in high school we used terms like talking and going steady. I'm still not one hundred percent sure what those really mean. I know that they have really different meanings to different people.

It's this gray area where nobody says anything because you don't want to call him your boyfriend before he thinks he's your boyfriend.

If he calls you his friend, there is a good chance you will get upset. Especially if you were expectantly waiting for him to call you his girlfriend. He might just say you are his girlfriend to avoid hurting your feelings, not because he really thinks this.

It might seem like I have too many friends, but one of my buddies has a situation like this currently. He is seeing a girl and he called her his girlfriend one night when we were all out drinking. He didn't mean it and he's started seeing her less often. He's currently dating several other women casually.

She skipped a step and eventually this is going to cause problems. He's pretty sure she's seeing other people too, but he's not positive. They are both using a lack of communication to project their own desires onto the other person.

To avoid all of this confusion you just want to have a conversation. And I don't mean a high-pressure ultimatum conversation. What you want to do is discuss what being a boyfriend means to him. You want to find out how he views relationships, so that you can have a clear understanding. The longer you wait to have this discussion, the more complicated it is going to be.



As with all of the phases of your story, you want to have clear communication. The more you understand each other going into each phase, the greater your chances for success.

We Need a Guide

Most men are experts at dating and awful in relationships. I would love to tell you that I am an exception but it's just not true. Like a wild animal I need to be tamed and guided because I go into a relationship expecting things completely different from the woman I am dating.

Men just don't have natural relationship instincts. We go into a relationship expecting everything to be the same except for now someone else is living in our house. I bet that sounds crazy to you, but that's how men really see it.



I travel and live alone a lot of the time. I spend a lot of time visiting my friends around the world. I sleep on couches all the time because I love traveling and being close to all my friends. When I am working on a new book I sometimes lock myself in my apartment for days at a time and don't speak to anyone.

Right now I haven't talked to anyone I know in over two days. I'm locked into my apartment this weekend trying to make this book perfect. When I want to finish a project I sequester myself. This way of working can lead to challenges with the woman I am dating.

When I am dating a woman, I bring this lifestyle into our relationship. I use the bathroom with the door open, I work on my laptop when I'm supposed to be watching a movie with my girl and I do about a million other things wrong. This is because I am a man. We are wild animals.

I don't know that it's important to her that I come to her work party even though I hate everyone from her office. If you make expectations without telling him what you want, he will always fall short. It's very unfair to think he should do something and not tell him.

If you can succinctly and clearly verbalize what you want from a man, you can actually build a relationship. If you approach your relationship expecting him to understand your feelings or what you want, you will have a lot of awful breakups. Have you ever been talking to a friend about an awful boyfriend and one of you says, "He should just know better." If you have, then you know what I'm talking about. He doesn't know better and he won't if you don't tell him.



There are two types of men out there when it comes to relationships. There are men that always have a girlfriend. They go from relationship to relationship and come pre-trained. Then there are men like me who are rarely in relationships, but when we hit our late twenties or early thirties we start transitioning into boyfriend material. With the first type of man you will have to un-train the bad habits previous girlfriends taught him and with the second type you have to start from scratch.

I eventually learned that I can't do work when I'm watching a movie with my girl. I work on my laptop with one of my buddies in the room all the time and they never care. I sometimes play a video game while watching a movie with my buddy. I'm used to multitasking and it doesn't bother other men. But it did bother her.

I still don't understand why it doesn't count as shared time if I'm in the room with her, but I do know that it makes her unhappy. So I do my work and then I spend time with her. Men actually want our girlfriends to be happy. We just need to be taught how to do it.

Now we do want to make sure that we separate training a man from taming him. It's ok to teach a man how you like to spend time together, but it's completely different to make him give up his career, his friends, or his motorcycle. If you start going down that path, your relationship will end for a different reason.

If you want a healthy relationship, you have to be willing to work with us. Once we are attracted to you and willing to become monogamous, you have to guide us into the relationship.

Remove His Fear of Relationships



Men want to be in relationships but we also love being single. Relationships are constantly portrayed on television as a place where a man gives up his freedom and becomes emasculated. Too often TV shows have a girlfriend or wife cutting off her man sexually as a way of controlling him. We live in constant fear of losing our freedom.

If you can separate training your man from taking away his freedoms, you can actually guide a man into a relationship that he's happy to be a part of.

Unlike women, men are able to separate emotions from attraction. For women these are often intertwined, but we are just wired differently. A man can find a woman physically attractive and want to have sex with her and at the same time think she's awful and never want to see her outside of the bedroom.



Just because a man is attracted to you, doesn't mean he is emotionally tied to you. You just have to help him develop both of these feelings simultaneously. As long as you don't assume one comes with the other, you can really connect with a man.

Intense attraction will make a man want to spend all of his free time with you, but spending all that time together keeps him from having the space to develop emotions. Make sure you attract his body and also his personality. By connecting on two levels with a man, you are connecting with him on a real relationship level.

Men see relationships as the loss of something that we really enjoy. Teenage men don't dream about having the perfect wedding and spending the rest of their lives with just one woman. It's not how we are programmed. We love dating lots of women and partying with our friends. The start of a serious relationship can often seem like the end of something amazing.



If you can show a man that you aren't going to change him, he will commit to you so fast your head will spin. Men are looking for a safe place where they don't have to change. One of the big struggles men face is the fear that they will lose their identity. We will really dig into this later, but if you can support a man instead of trying to change him, you can develop a deep and amazing relationship. I know so many men who want a relationship, but they don't want to be with a woman who is going to pressure them to settle down, change their career or give up traveling.

I have a friend who always dreamed of working with the poor in India. His girlfriend convinced him that if they got married, they would live out his dream together. Shortly after getting married, she became pregnant. Once they had a child, she told him it wasn't safe for them to go to India. She didn't want to take a child there. So she killed his dream. They had only been married a few years but he felt like a prisoner.

There are so many stories similar to this one that I can share with you from just my circle of friends. All men have stories like these. It's why we are so hesitant to form relationships.

Men don't want to have a boss. In a lot of relationships it seems like the woman spends all her time issuing orders to her man. On his day off he better clean the garage, paint the roof, clean out the gutters, etc. Do you really think a man is dreaming of a life where he has a boss at work and a boss at home? It's our nightmare and unfortunately it's the reality for millions of men in our society.

I am going to teach you exactly how to solve this problem and get the relationship you deserve, but first we have to dig a little deeper.



It's a Conversation Not a Threat



No good relationship ever started from an ultimatum.

If you sit your man down and start having “the talk,” he’s going to hate it. It can feel like you’re forcing him to make a decision before he’s ready.

Instead you want to slowly ease into the conversation by asking him how he feels about you. Ask him if he wants a monogamous relationship. Let him know that you are enjoying the relationship but that you just want to be sure that you are on the same page.

Tell him that you really like spending time with him and want to be his girlfriend, but that you don’t want to make assumptions. You don’t want to pressure him into something that he’s not ready for.

Then take the time to ask him what it means when you are boyfriend and girlfriend. Communication at this point prevents miscommunications down the line. And this is really a practice conversation for when it’s time for him to give you the ring.



What is a Relationship?



I have a wonderful friend Oliver who taught me this valuable lesson when I was living in Japan years ago. Whenever he would start dating a girl, he would vocalize everything that was happening.

A girl wasn't his girlfriend until he asked her directly to be his girlfriend. And he would ask a girl exactly what she thought this meant. Everyone's definition of girlfriend or boyfriend is completely different. I know a lot of people who don't think having a girlfriend means you can't kiss other women. I also know a lot of people who think that kissing isn't cheating.

If you don't talk about it, you will run into trouble. Most women just wait for a man to say "girlfriend" to someone else in front of them and then they decide that they are now in a monogamous relationship. I know men who say "girlfriend" but have a completely different definition to what their girlfriend thinks the relationship is. If you don't talk about it, you will have confusion.

While you are talking about relationship definitions, you should also talk about preconceptions. What do you think having a relationship means as far as sharing time together? Spending time with your friends? Dealing with your families? Sharing financial resources? How soon into a relationship does a man have to meet your family? When does he have to start going to weddings with you? Do you have standard date nights?

Communication is the key to any relationship and laying down that foundation early will save you both a lot of heartache and confusion later. Many men end up hurting their girlfriends by accident, simply because they never discussed what they thought their relationship is.



You Can't Change Him



As much as you want to, you will never convince a man to change. My sister has been with her boyfriend for almost six years now. He is an absolute legend, but they still aren't married. From day one he told her that he never wanted to get married. His parents' marriage was awful and he wants no part of that experience.

He believes he is in a monogamous and committed relationship, but she still wants him to marry her. He's a great guy, but do you think he's ever going to change?

When men tell their women something honest up front, they assume their women will believe them. The truth is that, unfortunately, many women think they can just change his mind. "If I am just an amazing enough girlfriend, he will want to get married."

"If I show him how wonderful children are, he will want to have one of his own."

You can't change the core values of a man without destroying a relationship and you can't change what a man wants out of a relationship. Instead of spending months or years of your life trying to change your man into the man you wish you were dating, the purpose of this book is to give you the tools to actually meet and date the man you want from day one.

By following the flow of your relationship and enjoying each phase in the proper order, you will prevent confusion at this point. You will already be dating a man who has the same goals as you and is compatible in the ways that you wrote down on that list you made in phase one.



Communicate! Communicate! Communicate!



It's incredible how often the biggest problems in relationships are a result of a refusal to communicate.

I have one major deal-breaker in my relationships. If my girlfriend tells me that she is mad at me and refuses to tell me what I did wrong, I will break up with her. This might seem like an overreaction to you, but it's a deal breaker for me. I tell every girl this issue early on in our relationship and I never end up having this type of fight.

I hate feeling powerless and this situation strips men of all their power. It's awful. It's a trick that's been propagated by television and movies to damage relationships. Men deserve to be given a fair chance. We see the world in a logical way and want the chance to know the crimes we are accused of so that we can defend ourselves.

It's in the Sixth Amendment. If we get it from the government, we want it from our girlfriends too.

One of my good friends has a similar rule. If he is unhappy three days in a row, he breaks up with his girlfriend. By having a rule in place, it sets the relationship on the right tone. He's been with his girlfriend for five years. Think about that. He hasn't had three bad days in a row for that long because he made it a part of his life.

My girlfriends always tell me exactly what I did wrong, and I certainly make plenty of mistakes, and then can I correct the issue. I can admit when I'm in the wrong.

One of the really difficult things is knowing when to mention that something is upsetting you or making you unhappy. If you wait until it happens again, then you start thinking that you can't say anything now because you didn't say something the first time. This is how molehills turn into mountains. Say what you are feeling when you feel it. Don't try to "express" it. Because he probably won't get it.

Good communication is as important when dealing with positive subjects as it is when dealing with negative subjects. You have to tell your man what you want. Is it so hard to say that you want a committed relationship? It's ok to tell a man what you want.

The key is to say it when you start feeling it. Don't wait until it becomes a huge issue. If you let something grow and fester, the feeling itself becomes powerful. You don't want that.

I'm going to let you in on a little secret: we want our girlfriends and wives to be happy. My greatest desire is to fulfill every desire and fantasy of the women I date. If she doesn't tell me what she wants, it's never going to happen. How could it?



If you don't tell a man what you want, please don't expect it to happen.

Great relationship = Great Communication...BLAH! BLAH! BLAH!

Every relationship book you read says you've got to have good communication, but rarely do they tell you HOW to have good communication.

And the ones that do make it so darn hard to follow and give you so many rules you can't possibly remember them all.

I'm going to hand you ONE key.

After helping countless couples get back together, I am convinced it is the ONE most important key in communication.

When you memorize and practice using this one key you'll:

- ★ Stop arguments before they start
- ★ Kill arguments when they do happen
- ★ Open the doors for mutual cooperation
- ★ Heal past emotional wounds
- ★ Enjoy closer relationships

Here's the key called the Key of Understanding:

Seek FIRST to understand completely and only then to be understood

What does that mean exactly?

It means the secret is to do your very best to see, hear, feel and understand THEIR experience.

Or in short, put yourself in THEIR SHOES...and then let them know that you are trying to walk in them.

Let's take a look at 99% of arguments.

If you were a fly on the wall and listen to almost any argument objectively, you'd see two (or more) people trying to explain, shout and sometimes even violently trying to get the OTHER person to see THEIR point of view.

Two people shouting at each other until they are red in the face...in short saying:

"Understand ME!"

And the other retorting...

"NO! YOU understand ME!"



I don't care WHAT the argument is about. If two people are arguing they are basically upset the other person does not see things ***their way***.

I've been there.

I'm sure you've been there?

Without the Key of Understanding, most arguments don't ever really get resolved.

Oh sure, one party eventually and begrudgingly backs down. Feelings fester. The argument or fight comes up again and again and again. Sooner or later one party stops backing down and one of the parties EXITS the relationship. Countries declare war. Someone gets fired...etc.

IMPORTANT!

The Key is not a manipulative tool. You need to really WANT and seek to see things from their point of view. You need to UNDERSTAND THEM...maybe not agree, but UNDERSTAND.

But what would happen if during this battle of "Understand me!" one of the parties said:

"Whoa!"

"Wait!"

"Let me do my best to try and understand what you are saying."

"Tell me, how do you see _____?"

Do you think there might be a shift in emotion? Do you think the talking might quiet down some?

And then what if the Key was used to unlock even more understanding?

"I see you're saying _____"

"Am I close?"

"Is there more that I should understand?"

Then do you know what usually happens, not always, but most of the time?

The other party starts feeling HEARD and UNDERSTOOD.

When they do, they become open to trying to understand YOUR point of view.

BUT...again...if you are only using the Key to try and get them to "shut up" and hear you, you'll likely NOT get to the next point which is...



*Both parties OPEN to exploring options to
resolve the conflict.*

The Key of Understanding creates an environment where everyone feels heard and can put options on the table safely.

Let's take a common everyday conversation that goes horribly wrong:

Husband: Where do you want to go for dinner?

Wife: Let's go to Joe's Italian.

Husband: UGH! Again?!?

Wife: Okay, why not go where you want to go? Why even ask? We go where you want anyway.

Husband: What? We go to damn Joe's three times a month it seems, we never go where I want to go!

Wife: Whatever! If we don't go where you want you'll cry like a baby all night.

Now, obviously there are more and deeper unresolved issues than where they are going to eat dinner. They could use the Key of Understanding in lots of their conversations.

Let's look at how this conversation could have gone if even only ONE party was using the Key. You'll also get a peek into why "wife" was a little oversensitive above.

Husband: Where do you want to go for dinner?

Wife: Let's go to Joe's Italian.

Husband: Hmmm...you really like Joe's...is it the food?

Wife: No. The food is good, but I like the atmosphere.

Husband: Me too, what do you like about the atmosphere?

Wife: Well, you've been working really hard and seem distant and it's nice and quiet at Joe's and it gives us time to talk.

Husband: Boy, I didn't realize how distant I've been, I'd like to tell you about it. I'd kind of like to spend a long dinner with you and have a drink, but they don't serve alcohol at Joe's. Is there another place that's quiet, but where I can have a glass of wine?



Wife: I love Savannah's Steak House, but it's across town. You could have a glass of wine there and we could get a quiet table overlooking the lake... that sounds nice.

Husband: That sounds really nice to me too. What if I drive there and you drive home?

Wife: Deal! I love you want to spend time with me.

While the example above is very simple, it is actually VERY representative of most arguments, conflict and unresolved issues.

I could fill PAGES of text giving you "communication tips", but what I've found is by REMEMBERING to use the Key of Understanding, all the other pieces of good communication fall into place naturally.

You'll reap an even BIGGER benefit when you consistently pull out your Key of Understanding.

When as a couple, you make a HABIT of seeking to understand first, you reach mutual agreement without conflict as a *normal way of communicating*, which means your relationship grows deeper, stronger and more fulfilling for you both 😊

And isn't that what we all want?



Use Your Heart – Turn On Your Heart Light!



When a man cares about you he will do anything to make you happy. But sometimes it's so hard for men because we just struggle to understand what you want. You have to communicate in a concise fashion so that we know what you want and you have to communicate emotionally so that we know it's important to you.

Men don't value things in the same way that you do. Each man has his own scale for what's important in a relationship and what's important in his life. But if you translate what you want into emotions, he will be able to understand.

If you tell your new boyfriend, "I hate when you come home from work late. I cook a nice dinner and you waste it," he will just think you're a jerk and start staying later and later to avoid these confrontations. Pretty soon he's coming home after you go to sleep just to avoid being yelled at. But if you say to him, "I love you and it hurts my feelings when you come home late from work and miss dinner. I want to take care of you and I love spending time with you, so this issue is hurting me," it will break his heart and he'll do whatever he can to make things right.

You can develop a commitment in the same way. Tell him that you love spending time with him but a lack of commitment is making you feel adrift and lonely. If you are honest about your emotions he will do his best to give you what makes you happy.

This technique is really designed for when you have crossed the bridge and agreed to be exclusive. You don't want to use this until he feels deep emotional ties to you and cares about you. Now we are ready to move into the final most wonderful phase of your relationship. You are just one phase away from getting the ring!



Homework:

Every day for the next week enter into one NON CRUCIAL conversation where you can practice the “key of understanding”. You can practice with a friend, your mom or your priest. All you want to do is get in the habit of seeing things through their eyes.

Make sure your topics are NON Crucial. This is practice.

This is a foundational relationship skill.

Just like during an emergency, you don’t want to “practice” when the fire is already ablaze. You want this skill to become 2nd nature when you’ve got to enter the burning building. The only way to do master this skill is with lots of practice drills.

What you’ll discover about your practice is not only is it fun, but people open up to you much more deeply and AUTOMATICALLY want to start to understand YOU!



PHASE SIX

From Girlfriend to Fiancé



Being exclusive is wonderful and it can be a great time in your life, but eventually you want to move to the next level. You dream of the day he proposes.☺ You can spend the majority of your time just enjoying the relationship. As long as you keep his heart light green, slow down for yellow and avoid running his red lights, guiding him down the aisle is going to be a lot easier than you think.

This phase is going to be the easiest one. You have worked hard to make sure you picked the right guy and built your relationship on the right foundations. And it's time to start enjoying the rewards of all your hard work. You are going to learn some powerful techniques here that are going to help you have an amazing relationship. Everything in this phase is built around making the relationship better for you as well as him.

So let's enjoy the final phase of your journey together.



Believe in Him and He Will Walk Over Glass for You



More than anything else, men want to be admired. What we really desire in our heart of hearts is a woman who supports us and believes in us. It's a lot rarer than you might think.

Many of the women I have dated have tried to change my career path at different points in my life. I have transitioned through a few careers in the last decade while finding my real passion. And with each different career path I met women who wanted me to change my path. When I was a professor at a prestigious university, I dated women who wanted me to go into business. When I was DJing and teaching music at inner city schools in the UK, I dated a girl who wanted me to change the type of music I listened to and follow my father's footsteps to become a record executive at a music label.

I cared deeply for all of those women, but I knew I couldn't be happy. I could either pursue a career that wasn't my dream, or I could be with a woman who didn't support me. Neither of those options appealed to me.

That's a big part of why those relationships didn't last. I was still learning who I was and finding my passion. The only thing I was certain of was that I didn't want someone else controlling my destiny and telling me what would make me happy. That's just not how anyone wants to live.

I know a lot of men who are full time entrepreneurs. A lot of men I know gave up working an office job to work from home and make money using the Internet. For a lot of them, their biggest barrier to working their dream was the woman in their lives. Their wives or girlfriends pushed against them and said they should stick with the safety and security of a nine-to-five job.

The reason that I love working with T-Dub is that he is in a completely different relationship space. When he told his wife he was giving up the job he hated to pursue his dream, his wife was completely supportive. She told him that she believed in him and had his back.

Every time we have a meeting he mentions his wife at some point in the conversation. It's not forced and it just really flows. The first time we met he told me how she had supported him when he left his office job. It really inspired me. I can always sense that feeling flowing from him when he's talking about her.

I spend my life studying what people are saying beneath the words. The underlying feeling he expresses when he mentions his wife is that he feels supported and admired. Even on the phone I can feel him smiling when he talks about her.





That's an amazing feeling. You have to date a man who you actually support and believe in. If you support your man and tell him every day how much you believe in him, you will form the strongest bond that a relationship can have.

I have mentioned one of my really strong relationships a few times in this book and if you're wondering why we didn't get married, the biggest hurdle we faced was that she hated my career. She hated that I worked in the relationship industry. She hated that I taught men how to communicate with women. She wanted me in a more traditional career. It wasn't the only thing that destroyed our relationship, but it made everything a lot harder. I cared for her so much, but we always had this big division. She wanted me to choose between my passion and my girlfriend. She couldn't get behind me one hundred percent.

If you can't completely support your man, then you are probably with the wrong guy. You can't have a long-term relationship with a man that you don't completely support. That's why we spent so much time following the proper flow of your relationship. All those questions you were asking when you first met him and the life you designed even before you met him were all there to make sure that you are with a man you really can support now.

This admiration is one of your greatest tools for keeping your man faithful in the long term. Once he feels you hold him in high regard, he'll fight tooth and nail to maintain your respect.



Unfortunately, skipping those phases can leave tiny cracks in your relationship that will eventually become the chasms into which affairs can sneak. If you want to inoculate your man against affairs, all you have to do is become his biggest fan.



How to make it a NO BRAINER for him to WANT marriage!

A man's life fantasy is about completing important adventures. He likely has one big adventure and several other smaller adventures. He feels drawn to fulfill these adventures. Men feel this draw in their gut and see fragments in their heads. More often than not, they are NOT able to visualize or verbalize this feeling in any concrete way. This can be a great sense of frustration for them. It's a gnawing gut feeling that they should be doing something big or different.

(A positive metaphor is he's a gallant and strong knight who may be a little lost.)

Women throughout history who are fantastic with men understand this concept. You've no doubt heard the saying, "Behind every great man is a great woman."

These phenomenal women help their men understand themselves, their adventures and path and help them fulfill their "destiny" if you will.

When a man senses you know the REAL HIM, support him and can HELP him fulfill his "destiny" you become a deep part of his life and adventure. You become his MVP, most valuable partner, in life. Things like commitment, engagement and marriage all become NO BRAINERS for him. In his gut and heart, it's DESTINY.

In short when he feels you are part of his adventure you get an automatic GREEN LIGHT for marriage.

HOWEVER...

Remember, men do NOT have sophisticated ways of processing feelings.

It's either green light, yellow light, red light.

When a man senses a woman doesn't understand him or his destiny any better than he does, she gets a cautionary yellow light in his gut.

And...his light will IMMEDIATELY go red if he senses you are or may become a roadblock or obstacle to fulfilling his destiny, *even if he doesn't know exactly what his destiny is.*

Even when a man loves you and cares about you, if you are turning his light yellow or red, he will feel very unsure and will likely run from further commitment such as engagement and especially marriage.



What's frustrating for women and even him too is he will likely not be able to verbalize WHY he feels the way he does.

In his gut, regardless of how much love he has, he either sees his woman as friend, foe or unidentified.

Let's give you some clear signals on what will trigger him to see you as FRIEND.

Let's go back to our positive metaphor:

If you speak, act and behave towards him as if he's your strong, gallant and capable Knight in Shining Armor who may get a little confused and lost at times, you'll become a woman he wants at his side for life. He'll also gladly lay down his life for you, because not only do you have his love, you have his loyalty and you are his compass in life.

One of my funny foibles as a man is I was put on this earth with a horrible sense of direction. I can read a map, but take my map away from me and sometimes I'll get lost in my hometown.

After my wife and I had been dating for about three months, I wanted to take her up to a mountain I liked to visit. On the way to the mountain, I got lost.

I became embarrassed and slightly upset. I immediately tried to joke with her about being behind the barn when the good Lord passed out the compasses.

In the past, previous girlfriends had reacted in various ways. Some reacted with negative remarks, but usually, most said nothing, which was worse than being disparaging.

That day, my girlfriend who would become my wife, didn't try to tell me I should've turned this way or that. She didn't roll her eyes. She didn't shout IDIOT. She simply smiled and said...

"Oh, it's for the best. I'm enjoying the scenery. I know you'll get us there."

Green light!



You Are His Fantasy

Sexuality is a crucial part of any relationship. As much as an emotional connection is important to women, a sexual connection is crucial to men.

One of the biggest challenges in a relationship is honesty and it's never a bigger issue than in the bedroom. Once men put you in the relationship category, there are certain sexual acts that they feel aren't part of the picture. I don't need to go into detail, because for each man what he really wants is different. So you have to actually communicate with a man to find out what drives him wild.



Take the time to find out what he really wants, not just what he thinks it's ok to want. Just like women hesitate to talk about marriage and relationships too early on, men are afraid to seem too much like a sexual deviant. Men feel like the first sexual encounter sets the stage for the rest of the relationship; that whatever happens in that first encounter is what will be on the menu for the rest of the relationship.

You need to let him know over time that this is a total misconception. The longer you are together the more you trust him and the more you are willing to explore. If you can show him that the sex gets better the longer you're with someone, then he will be even more tied to you. Why would he waste his time sleeping with someone new, when he's already halfway up the mountain?

Most men are completely unaware that women enjoy sex just as much or more than we do. They often don't realize that women have passions and fantasies of their own.

I have been thinking about this section a lot and I have decided to share with you what I teach every man who comes to me with this problem. Let me start by telling you that I have had hundreds of men talk to me very intimately about what they like and don't like in the bedroom. And so far no two men have given me the same list.

When you are with a man, if you say the following sentence, your relationships and experiences will get a lot better.

"If there is something you like that I'm not doing, or something that I'm not doing that you like, please tell me. If you don't then it's probably not going to happen."

Think about this for a moment. We all like different things sexually and we are all at different levels of experience and have different desires when it comes to experimentation. We are willing to get naked with someone but not willing to tell them that it feels weird when they put their tongue as deep as they can into our ears.



When I start dating a new woman, I usually go through this with kissing. People like different things. My best friend loves to make fun of me for this, but in college I really preferred kissing without tongues. I like new things now. But each girl I have dated has changed how I kiss so that we can match up. I'm not ashamed to admit that I was an awful kisser in high school. I only got good when a girl stopped me and trained me.

I have a very specific list of things I like in the bedroom and I have a list of things I don't like. In between there is a list of things that I can take or leave. A girl who is on the same page is a thousand times more fun to be with.

As I said men are simple. Ask us what we like and then do it. Tell us what you want and then we'll do it. We really want to please you. It's just that a lot of men are afraid to ask what you want. Because our society puts so much sexual pressure on men these days, a lot of us feel like just asking you what you want is a way of admitting we aren't good enough. It's silly but it really is how men think.



Give Him the Space to Fall in Love With You



All humans share a common trait. We want what we can't have. We always believe that the grass is greener. Even when I'm really happy with my girlfriend, I wonder what it would be like to be with a different woman. I wonder how my friends' relationships stack up. You don't want to have the perfect relationship, you just want one better than your friends have.

I had a roommate when I was living in England who said he could never have a girlfriend who was too needy. He told me that he loved all the attention, no matter how dependent she became. So I introduced him to a girl that I knew who was extremely needy. She called him about thirty times a day and showed up at our house unannounced constantly. He broke up with her within the month.

No matter how much you think you want to feel needed, there is always somebody out there who is too needy for you. It's actually really attractive when a woman isn't too available. Giving men the space to wonder where you are gives us the space to grow a little jealous. You want to give him the chance to grow some green eyes; it will make him appreciate you more. You don't want to actively develop jealousy in your men, but it's going to happen whenever he can't see you.

Often a guy will forget what life was like without you around all the time. This lets his mind start to wander. If you give him small tastes of what it's like when you're not around, especially during this crucial part of a relationship, his desire for you will go up. He will know what it's like when you're not around and he won't like it. He'll be looking at you through green eyes and he will want to stick around.

I was in a serious relationship a few years ago and I had to spend a night out of town with some clients. I was out in a bar talking to women and the whole time I was freaked out about what my girlfriend might be doing. How ridiculous is that? She was at home sending me texts all night and my friends teased me into worrying that she might be cheating on me. I got so jealous that I suddenly realized I was in love in with her.

If it works on me, it can work on anyone.

You want to give a man the space to fall in love with you. Think about when you know you are getting presents on Christmas. It's the anticipation that is often better than the gift itself. I know that I am always way more excited on Christmas Eve than I am on the actual day. Men and women both need space for our attraction to grow.

We are going to discuss some techniques that will make your relationship bulletproof. There are ways you can make sure that your man is completely loyal, even when you're not around. You can inoculate him against the competition. So you don't have to always be worrying about what he's doing.



Breaking His Wall of Silence: When He Feels You Accept the Real Him You Become His Confidant

Men have a secret code of silence that is rarely breached. The more conservative the man is, the taller his wall of silence is. There are certain topics that many men just won't talk about in mixed company. Women have the same wall of silence and it's one of the reasons relationships are so tough these days. For example, men and women rarely talk about sex in a frank and normal fashion. It's pretty much all we talk about when we are alone with our own gender, but we pretend that it's not true when the other gender is around.

A lot of men have a stoic mindset that says they should not worry their woman about certain issues. A lot of men don't think their woman should have to worry about money or what happens at work. You might think that this is an outdated mindset, but it's out there.



If you try to breach this wall with nagging, you will never succeed.

A lot of times there are things I would like to talk to my girlfriend about, but if she asks me in the wrong way it raises my hackles. Even when I'm aware that it's happening, I can't stop it. When a woman pushes against my ideas of privacy I really don't like it. I have a strong belief that you shouldn't talk out of school. And when someone does I have a problem with it.

One of the reasons that men don't tell their women things is because our concepts of privacy are really different. I tell my inner circle of friends things that I don't want outsiders knowing. I believe that family things are really private and that's important to me. A lot of men feel this way.

When you talk about things that your man thinks are private, it's quite possible that he will consider it a breaking of faith. You should always ask your man about what he considers private and what he considers public. More than ninety percent of my life is lived in the public eye. I write and blog about my dating life, my social life and so many other issues, but even I have specific issues that I am very private about. So imagine how private men are who don't write books about their dating lives!

If you want your man to be really open with you, you have to learn to keep certain things private from even your closest of friends. There is a difference between your secrets and his secrets. I know that this goes against your instincts, but it's the nature of relationships. You can either be inner circle or outer circle, but you cannot be both.





Tell Him a Story Technique

One of the best ways to reveal a part of your personality is to tell a story. Tell him a story about how one of your friends told you something personal about her boyfriend. Then talk about how you wish other girls understood that some things are private. You don't know why this girl would share something with you even though you are best friends.

What he will hear when you tell this story is the sub-communication. Rather than tell him that you won't tell his secrets, you are showing him. This works for anything you want to reveal about yourself, but can't say directly.

How to Speak So He'll Listen

If there were one rule for opening his ear hole and making what you say enter his brain it would be... **KISS – Keep It Simple Stupid**. If you feel unheard, this is the technique you should learn. With this one tool you will be able to tell men what you want, and they will actually understand you and then do it!

I once dated a girl who was amazing. She always said exactly what she meant and was extremely succinct. I actually had a lot of problems when we first started dating because I always assumed there was a subtext. I was so used to women who never really say what they mean that when I finally met a girl who actually did, I was calibrated incorrectly. I had to retrain my brain to date someone who just told the truth all the time. She was an amazing person.



If you want to be subtle or give a man hints that you are upset about something, you will only upset both of you. He will misunderstand, misinterpret or just plain miss your hints. It doesn't work. Women are smarter than men. You guys are way more socially and conversationally savvy than us. There I said it and it needed to be said. If you want to have good communication, you need to simplify how you talk to men.

If you want your man to do something that you like use this exact formula.

“Jonathan, it makes me happy when you take me to the movies.”



You better believe the girl who told me that got a lot of movies. The sentence is perfect. It was clear, succinct and most importantly had an emotional word. You man wants to make you happy. He really does. But like I said earlier, we need to be trained. And this is how to do it. Tell us what you want in one sentence and we will give you the world. So often on television the entire comedic premise is based upon the wife being mad and the husband trying to guess, often wrongly, what he did wrong so that he can fix it.

“Jonathan, it hurts my feelings when you say X.”

One of my serious girlfriends said this to me. It broke my heart. I am so embarrassed that I could say anything to hurt my girl that I won't even put it in a book two years later. That's how much men care about their women. I had no idea that I was saying X. I really didn't. It was something that was coming out in conversation and actually I still don't think it was a big deal. If she had said, “stop saying X,” I wouldn't have understood. It would have led to a discussion of why saying X is bad or not bad or not a big deal. It would have probably started a fight.

But as soon as she told me it hurt her feelings I changed my behavior. If you are honest about your emotions you will get what you want.

As with everything please maintain a balance. If you use this technique to manipulate your man or to get lots of small things it will get worn out. So please take this as a caveat. Only speak about your emotions when you're really feeling it. Don't say something like, “It hurts my feelings when you don't pay for drinks.” It will embitter him when he eventually catches on. We are dumber than you guys, but we do figure things out eventually.



So whenever you want your man to understand what you want or don't want him to do, just follow the **KISS formula**. Tell him what you like or don't like and then say how it makes you feel.

HIS NAME + when you + ACTION + it makes me feel + EMOTION = KISS

The danger of this powerful technique is that you may be tempted to use it to change your man on a core level. You don't want to do that. You want to guide the river, not completely alter its course.



Use your KISS to Remind Him to Appreciate You

As much as men want to be admired women want to be appreciated. That feeling you get when your man thanks you for taking the time to pick up his dry cleaning, attend his play, or help him study for his exam is the same feeling he gets when you tell him how great he is and how you admire all his hard work.

A lack of appreciation is what draws women to pull away from relationships and helps a woman to justify when she is the one having an affair. If you feel like your man doesn't appreciate you enough, the sooner you take action the better. It's important to use the KISS method to make sure that he knows that just like he needs to be admired, he needs to be appreciated.

KISSing Stops Cheating



As we have discussed many times in this book, please don't be subtle. If you think your man "knows that you admire him," I can tell you right now that he doesn't. If you don't say it in a simple and succinct manner, then we just aren't aware of it. Men don't communicate in subtlety, we communicate in brute force.

The woman from work will say, "You did an amazing job on the Johnson report, I thought we were going to lose that client. You are so talented." So you need to communicate your praise and respect for him in a similarly clear manner.

This is not about placing yourself in a subservient position to him. The woman at work is probably in a lower job, but that is separate from the way she praises and admires him. It doesn't lessen you to tell someone they are doing a good job in a subtle manner. I was just talking to my friend who recently got divorced. His

greatest complaint was that his wife was obsessed with hinting. She used to tell him that if she had to tell him directly what she wanted, then it lost the value.

That one mindset is why she is a three-time divorcee with two kids from different marriages and no more prospects. She killed three different marriages with the same flawed strategy. She was subtle in her compliments and in expressing her desires. She felt that saying something directly diminished her. When a man accuses a woman of playing games, this is exactly the game he is talking about.

You can be subtle or you can have a great relationship, but you cannot have both.



The Girl Gets the Ring



Congratulations! You are at the end of one journey and the beginning of another. If you really put in the effort to make your relationships work, he'll want to slide that beautiful engagement ring onto your finger. You won't have to tell him you want to get married, you won't have to drop hints or tell his friends. He will feel so safe in your arms that he will want to make sure you never leave.

The balance will have shifted. He will become the one pursuing that ring.

You have become an even more amazing woman who has learned what men need and how to express herself in a way that he can actually understand. He knows what you want and he has learned how to give it to you. No way he could imagine walking this journey with anyone else.

I'm so proud of you for coming this far and I can't wait to hear your story.

IMPORTANT HOMEWORK!

Send us photos of your happily ever after moment!

iamengaged@girlgetsring.com



EXTRA Bonuses



You already know everything you need to make your dream romance come true. But I wanted to give you something extra. You have come this far so I want to reward you for taking action. There are some hiccups along the road in any relationship.

This section will teach you what you need to avoid.

You will learn what causes relationships to fail and why men view breakups so differently from women. We will delve into why poor communication and a lack of appreciation can poison the sweet fruit that is your love. Together we will learn why men hate change and why nagging kills relationships. Avoiding these pitfalls will help you move through your love story even faster. These tools will help you keep the ring.

Then I will take you deep into the minds of men. You know when your man says something and all you are thinking is that you have no idea what

he's talking about? You will learn the secrets behind why men never talk about their emotions, how we really divide women and why we don't like gossip.

The last and most powerful thing you will learn is how to shut down the competition. This one technique will make sure that when pretty women come calling, he runs back into your arms. Not only will he not be tempted, he will be horrified by their advances. You will turn him into your knight in shining armor for life.



BONUS ONE

Why Relationships End

In order to make your future relationships successful we need to start from the end and work our way towards the beginning. Have you ever tried to solve a maze? I loved them when I was a child and solving them was such a pleasure. I even remember when I saw a little girl who was so great at creating mazes that a bunch of magazines hired her to create mazes for their puzzle books.

There are two ways to solve a maze. You can start at the beginning and work your way toward the middle, or you can start at the middle and work your way out. Mazes are designed to keep people from finding the middle, so working your way out is always faster and easier. We want to look at relationships the same way.

We know that your goal is to have a relationship that doesn't end. You want that sign of commitment that comes when he finally slips that ring on your finger. You want to avoid the pain and heartache of wasting any more of your precious time on the wrong man. So let's dig into what causes relationships to break apart.



How Men Experience Breakups



If you ask men why they broke up with a woman, almost all of them will tell you the same thing:

"Nothing I do can make her happy."

No matter what issues you fight about in your relationships and the problems the woman felt caused the breakup, this is how the man feels in the end. If he can't make you happy then he feels like a failure.

Men derive their sense of identity from being able to affect the world. Think about how many men identify themselves by their jobs. At work what does a man do? He affects the universe. It's the same drive that makes your boyfriend try to fix all your problems when you just want him to listen. It's something deep inside men that drives all of us.



So when a man is with you and he can't make you happy, he feels impotent and powerless. If he can't affect you then he feels like a failure. As men we feel it's our obligation to make you happy.

The main reason that a man will have this feeling is cross-communication. You just want him to listen. He wants to try and fix your problem. He wants to take care of you. Sometimes it's really hard for men to understand that the best way to help you is to do nothing at all.

Let's look at an example.

You come home from work and you've had the worst day. You had a fight with your best friend and your boss came down on you. You almost got fired and you are feeling awful. When you get home you want to tell your boyfriend or husband about your day and just release your frustration. So you start complaining about your problems. At least that's how he hears it. Now we already know that men want to affect the world. So his first instinct is to try and fix your problem.

This is a clear example of men and women speaking two different languages. Both of you are upset and can't really figure out why the other person is upset.

The Underappreciated Man

This communication leads to the second factor in a man feeling like he can't make you happy. He doesn't feel appreciated. He is trying to help you and not only are you not grateful for his efforts at helping you, you are actually upset that he tried to help you. In his mind he is having a completely different experience from the woman's.

A man wants to feel like his advice is helpful. It's an important feeling for a man and when he doesn't get that feeling he starts to feel like you don't need him. And you don't want that.

This problem grows and creates distance between the two of you. He feels further away from you every time you have one of these arguments. And eventually he leaves the relationship, looking for a woman who he can make happy.



How a Woman Feels

When a woman breaks up she always says that she doesn't feel appreciated. Women yearn for appreciation more than anything else in a relationship, so when this element is lacking they starve for attention.

Women do all sorts of little things all day long to help improve the lives of their men. These activities range from cleaning the house to helping him study for an exam. If he doesn't say thank you enough in a deep and meaningful way she will feel like a flower that isn't getting enough water. And nobody wants to be dating someone who doesn't say thank you. It's just awful and can leave you feeling empty.

As a woman I'm sure you can understand this feeling. You want your man to appreciate all the time you invest in a relationship and when he doesn't you feel like something is missing. So you end up leaving the relationship.

The Problem with Change

One of the biggest issues between men and women is how they view change. Women spend every relationship trying to change the man and men spend the entire relationship trying to keep her from changing him.

When I was in college I dated a beautiful girl who wanted to change everything about me. She wanted me to become a vegetarian, change the city I lived in, change my college major, switch friends, stop listening to dance music, start listening only to indie music, and switch career aspirations. When I asked her why she wanted to change me so much she started crying and saying that she would never want to change me.

Needless to say, our relationship did not last.

Right now one of my friends is dating a girl who is really into fitness. I'm actually really jealous of how big her arms are. She is obsessed with health and fitness. She is trying to change my buddy's weight, his diet and his exercise routine. The irony is that he was on a diet and working out all the time until she interrupted his rhythm. She wants him to work out as long as it doesn't interrupt when she needs to borrow his car.

Just last week I was asking her about how much she wants to change my friend. She said that she doesn't want to change him. He wants to change and she is just helping him. I tried to say it about five different ways but she couldn't understand that "helping" him is exactly the same thing as changing him.

If you are dating a man and you want to improve him, help him, make him into a better man or some other new term you have created to make it sound like it's his idea, you are trying to change him. The semantics don't change the reality – women love to change their men.



The problem with change in a relationship is that you become two completely different people. As the woman works on changing the man, she is actually driving them apart in a lot of ways. She feels like she is helping or improving him. I have a really good friend whose girlfriend is always yelling at him for not living up to his potential. The more she nags the more he pulls away and now he's even further from living up to his potential. Two weeks ago he broke up with her. He doesn't want to change.



Romance Novels are a Lie

The story of most romantic comedies and romance novels is of the beautiful heroine convincing the independent alpha male to change his life and settle down. She finally convinces him that a monogamous relationship without the danger of fighting foreign wars or traveling with his dangerous buddies is the life for him. She tames the bad boy.

What those books and movies fail to show is the relationship two years later when they are living together in a small house with a couple of kids and starting to hate each other. All he wants to do is leave but he's afraid of losing half of his money and spending the rest of his days paying child support.

She's left wondering what happened to her bad boy husband. He used to be so muscular and brave and tough. Now he's fat and the only thing he braves is rush hour on his way to sell insurance to senior citizens. She's not attracted to him anymore.



There is a uniquely female psychological trait that occurs in both the short and long term. It's a form of ego protection. I teach all of my men about it and perhaps making you aware of it will provide a deeper understanding of male behavior. On the small scale it occurs during first dates all the time.

A woman will ask a man boring questions and then blame him for being boring.

Think about that for a moment. I have been on these dates myself. No matter how many times I try to change the topic to travel or adventure or passion, she will keep asking standard issue interview questions. Where do you work? How long have you worked there? What's the commute like?

When this woman asked about my commute my first instinct was to go into the bathroom and sneak out the window. There is no story involving a commute to work that is interesting. Nobody in the entire history of man has had an interesting commute to work.

I was watching her eyes the whole time. She kept becoming less and less attracted to me. I know for a fact that after our date she told her friends that I was boring. It was completely her fault but women have a natural instinct to revise history to shift blame away. Men do it too, but we know when we are doing it.

I could write an entire book about this one trait because it's so fascinating. It also occurs in long-term relationships.

When a woman changes her man through nagging or any other technique from an alpha bad boy into a beta man with no dangerous hobbies, she will not take credit. She will never admit that she made him boring. She doesn't want to admit to herself that she ruined the man she was once so attracted to when she was "helping" him.

And that is how a woman can turn a man into someone she's not attracted to. Be careful what you wish for. You just may get it.



The Dichotomy of Change



You want to be number one in your man's life. You hate it when he blows you off to spend time with the guys, stay late at work or go ride his motorcycle. You want to be the center of his world and control all of his attention. There is this desire within women to have all the focus of a man's attention. There is nothing wrong with this desire, but poor implementation will destroy all of your relationships.

The problem with this desire is that when you become the center of your man's world, he no longer has any of the traits that attracted you to him. As you remove his hobbies and passions from his life one by one, you are actually taming and emasculating him. He will stop being alpha. He will not be the leader of your pack, because you are the one telling him what to do.

Have you ever met those husbands who are completely tamed by their wives? They are so unattractive standing meekly next to the woman who has stripped away his manhood. Do you really want to turn your man into that?

Of course not. In a relationship you can't have your cake and eat it too.

I once dated a girl whose mother had done this to her father. I met them once over dinner over five years ago. But I remember the look in his eyes like it was yesterday. He had given up his career and was working for the mother as her assistant. She was really dominant and controlling.

When I looked in his eyes I saw death and it terrified me.

You can't have a strong sexy man and at the same time be dating a man who is completely under your thumb. Eventually a man in this type of situation does one of two things. He either finds a woman at work that still respects him and starts a new relationship. Or he just starts longing for death's sweet embrace, like my ex girlfriend's father does.



And of course the biggest irony of all is that the woman who made him give up all of his bad boy hobbies is no longer attracted to him. She changed him and at the same time misses the man he was when they first met.

This woman took a motorcycle-riding bad boy with long hair and changed him into something completely different. First she makes him cut his hair. Then she makes him cut band practice down to once a week. Then he has to get a “real job.” Pretty soon he is going bald, selling insurance and driving a Volvo. And she’s not attracted to him at all.

Women have a tendency to change their boyfriends and husbands into men they are no longer attracted to. The very first traits that attracted this woman to her man are the first ones she tries to cut out of his life. He is no longer the exciting man she first dated. He’s not the rebel that she married. And between the two of them bitterness will grow.

You have to marry the man you want to marry. Please do not marry the man you want to change into the man you want to marry. You will never be happy. And neither will he. How would you feel if your husband asked you to go on a diet the day after you got married? Wouldn’t it be horrible to find out he had a secret plan for “fixing” you that he hadn’t shared with you before the wedding? That’s how a lot of men feel when their wives start trying to change them.

I know a lot of guys who will never get married because of this exact fear. And it’s not unfounded. I have friends whose wives changed the day after the wedding. “Now that we’re married, things are going to change.” It’s every man’s nightmare sentence. He thought you were happy already.

So take the tools we have developed for finding the right man for you and find him. Don’t find a man who’s almost that guy. It’s not going to work.

The Nature of Nagging

The main tool women use to elicit change in their men is nagging. There are a lot of reasons women nag, but one of the main reasons it is so prevalent in our society is the media. Women nag on television, they nag in movies and they even nag in books.

When a woman starts having a disagreement with her boyfriend, she will start re-enacting a fight she has seen in a movie or on television. She starts playing a role. The man will do exactly the same thing. She starts playing the nagging wife and he starts playing the annoyed husband. They don’t even mean to fall into these roles, but they have seen them on TV so many times that they have become reality.



The root cause of nagging is a desire for change. You have already learned the right way to change your man and show him the desires of your heart. Nagging is the wrong way. And for men it is soul-crushing.

Nagging is a form of poor communication.



There is nothing modern man dreads more than a wife who nags. It's the best way to kill all the love in your relationship. When a woman nags her man in a public place, all the other men in the room are cringing. She is reminding them all of their earliest embarrassing moments with their own mothers and it is awful.

Nagging starts off with an unmet desire. And it grows like a parasite killing communication and eventually killing off its host, the relationship.

The problem with nagging is that it strips away the most important thing a man feels in a relationship. When you nag it makes your husband feel like he is no longer your knight in shining armor. And once he has that feeling, it's only a matter of how long until he leaves.

"Why do you always spend so much time with your friends?"

Ask it enough times and he will spend more time with his friends complaining about how you say that all the time. And whose side do you think his buddies are going to take when he's complaining about you? They will always side with him and probably start telling him to get rid of you.

If you just find ways to support your man, he will be there for you until the end. Your man wants to make you happy but when you nag his core instinct is to rebel against that nagging. Something primal is activated within him and it causes him to make the problem worse rather than fix it.



This is the perfect time to KISS him.

“It hurts my feelings when you spend all your time away from me and with your buddies.”

Then you both know exactly what you are feeling and you can try to find a solution. Maybe he spends less time with them. Maybe you find a way for you to hang out with him and his buddies at the same time. The solution isn't important right now. What is important is that you are on the same page together and actually trying to find a solution together.

Loss of Passion

One of the great signs of a dead or dying relationship is the loss of passion. Passion is the spark of life that separates us from the animals. It's that thing inside humans that drives us to the top of mountains, to the bottom of the ocean and to launch men inside a tin can to see what's on the backside of the moon. It's the driving force behind great relationships and when it's gone, relationships have no life.

Over the course of the relationship the woman tries to create a sense of “us.” And there is nothing wrong with this as a goal. Unfortunately, a man can see becoming a couple as a loss of his individual identity. He is giving up more and more of his habits and maybe he's not as excited about that as he was about his personal passions and pursuits. Although there are a lot of things men love about relationships, there are a lot of things that men love about being single as well.

Passion is the reason that women are drawn to rock stars, even though they are often cast aside after just a few nights or less. Rock stars have awful relationships, they have purely physical relationships with women, they drink too much, they do too many drugs and they have no concept of monogamy. And yet women are drawn to them like a moth to a flame.



These men have a passion in their lives. And it's a passion that they will not give up for any woman. It's what separates them from the average man who will sell his motorcycle and give up his dangerous hobbies for a woman. Have you ever heard of a rock star that quit his band because his wife asked him to? Of course not. That's the definition of a real passion.

Women are attracted to men with deep convictions and even more to men with deep passions. There is something about knowing that she will never be number one in a man's life that just gives a woman a thrill. We all want what we can't have. So this is a powerful aphrodisiac.

This is why you should never remove the passion from a man's life. A rock star without a band is just an old man with a heroin problem. It's not nearly as sexy. It's like my friend Chris says, tattoos only look sexy on successful people, they don't look sexy on homeless people.

When you were looking for the right man to date and connect with, you were drawn to his passion. He is on a train and it's going somewhere. You should want to be a part of that journey.

One of my closest friends and mentors teaches that men don't have to be successful to date amazing women. They just have to be on the path to success. It's a man who is determined to succeed no matter what it takes that really attracts women. It's the inner spark of life. If you take it away you might just find yourself dating a man you aren't attracted to anymore.

The net effect of a loss of passion is that the relationship dwindles. You once used to go out to restaurants and clubs and go dancing and have adventures and now your dates are watching movies at home and ordering a pizza. This is how a relationship can die one inch at a time.

It starts with a night in here and there and pretty soon you guys aren't going out and it can lead to another relationship killer – resentment.



The Evil that is Resentment



Like many relationship problems, resentment is the direct result of poor communication. Even though you are talking with your boyfriend, if you are speaking two different languages, you are not communicating. That's why learning the language of men can be so powerful.

Resentment rears its ugly head in a relationship when you feel like you give more than you receive. The irony of resentment is that a man and woman can both feel like they are giving more than their partner is at the same time. This is because men and women use different scales to measure how much they are giving in a relationship.

He makes you come with him to a football game every week. During the games you can't really talk because he is so focused on his team. When they win he is happy and wants you to be happy with him. When his team loses he is down and the whole day is ruined.

To him you are spending time together, but to you it feels like every Sunday is a day of sacrifice. Because you both see this event differently, you give it different values. He might actually feel like he is bringing you into his world!

Over time resentment turns small bumps into mountains. The problem is that the first time he took you to a football game you didn't say anything. You were trying to be a good girlfriend. The second time you couldn't say anything because you didn't at the first game. So each Sunday is more pressure than the last. It's a growing problem that you are just bottling up until one day you release it and shatter the relationship with a huge fight.

This can happen in either direction but what we want to see is that resentment is like erosion. A little river cutting its way through a mountain caused the Grand Canyon. Something small can have a lot of power, when it happens over and over again. If you don't stop the dripping your relationship can be killed by something small.

It all boils down to communication. If you keep it to yourself, eventually it kills your relationship.



Why Did We Breakup?

Relationships can face many challenges, and even though as a man I hate to admit it, it boils down to communication. In the next section of this book we are going to dig into the minds of men. We want to give you a real perspective on how men think and how they process. Once you understand the language that men speak, you will have an advantage in your future relationships.

That advantage will allow you to make those relationships last. There are a lot of men who want to marry you. They just haven't realized it yet.



BONUS TWO

Into the Minds of Men

Men and women do not speak the same language. Women communicate in a language that is highly emotional and based upon the experience. Men speak in a language that is based upon events.

Have you ever compared how men and women give directions? Women give specific directions using street names, while men give directions based upon landmarks. I still tell people coming to my childhood home to turn right at the McDonalds. Right now I do not know for sure what the name of that street you should turn down is called.

When you ask a man about his day, he will often tell you that nothing happened. Because in man-speak, nothing did happen. If no event is big enough to be a landmark, we don't want to talk about it. Right now I am flying back to the United States from a trip to Costa Rica with three of my business partners. If you asked me what I did today I would tell you nothing. Not because nothing happened but because in my man-brain all that happened is I woke up and took a taxi to the airport. Then I got on a plane.

There were a ton of small events that occurred that were worth mentioning in the detailed version of the day. But my first instinct in any situation is to give the summary. I could tell you that I have been on the plane for thirty minutes now and both stewardesses have already been rude to me. I could go into detail about those stories, but the point is that my first instinct is not to share. It's not story-worthy.

The Secrets of Men

This might very well be the part of this book you were most excited to read. In fact, I bet a lot of you skipped ahead to read this section first. That's so naughty! I put it at the back in the hopes that it would motivate you to read the rest of this book. Well, either way I am going to give you some serious secrets right now. It's time to reveal some of the deepest secrets about men.

Some of these concepts are discussed in the previous chapters, but I have decided to collect them together here so that you can find them all in one location. And also to help the women who snuck ahead to read this chapter first. I don't want anyone to miss out!



What Men Actually Want

Men want you to act exactly the same as you did on your first date. They want you to wear sexy dresses every day. They want you to always wear your special underwear and they want you to date like that constantly. They feel like you were perfect the first time they fell in love with you and they want nothing to change.

They want to take you clubbing and spend all night making passionate love. They want you to be the crazy girl that got naked on a bridge or had sex with them in the back of a taxi. They don't want you to start becoming "respectable" or "mature" just because you're in a relationship.

As much as most women dedicate their lives to fixing, helping or improving their men, most men spend their lives trying to stop their women from changing.

A lot of women have this moment in a relationship where they get comfortable. They start wearing sweats around the house and using the bathroom while he's in there. And doing a whole host of women-things that men just don't want to know about. We don't like any of these changes. For men it's hard to understand why women use our making them secure as a reason to stop trying.

When we barely knew you, you always dressed so sexy. Now that we love you, you don't want to dress sexy anymore? That just doesn't make sense to men. We want you to stay the same as the day we met you. We want you to not change.

Obviously you're going to change. That's just reality. And so are the men you date, no matter how much they fight it. It's not that you can stop changing. You just need to understand the way men see the universe. We don't like change in general and we like you just the way you are.

That's why it's painful for a man when you constantly try to change him. It is a way of making him feel like you don't love him. You love his potential.

I would give anything to date a woman who didn't try to change me.

Men Hide Their Emotions

It's not much of a secret that men believe that we should keep our emotions in check. When I was a child my father would punish me anytime he knew I was angry. Every time I was in trouble for something, if he could tell that I was angry with him for punishing me, he would double up on my belt time. Before you go crazy, my dad and me are still really close. The way he raised me was a result of the way he was raised. So let's focus on the real point.

I was trained to hide my emotions.



I can tell you honestly that I cry about once a year. Sometimes I cry as many as five times in a bad year. It's not that I don't feel emotions, it's that I have been trained, like many men, not to allow my emotions to manifest physically. Men are taught to hide our emotions. Real men don't cry.

How to Get to the Emotions Anyway



Men actually want to talk about their emotions. So you just have to draw it out of us. We like to talk emotionally as part of a value exchange. This is the one time it's ok to be subtle. If you ask a man how something made him feel he will know you want an emotional answer. And his natural desire to rebel will take over.

Instead you want to make an end run around his emotions. Ask your man about his interests. If you ask me how I feel about my job, then I will give you a low-emotional response. But if you ask a lot of questions about writing and dating and my passion for my work, then you will get a lot of emotion out of me. I love talking about my job. It took me thirty years to merge my passion and my job, why wouldn't I want to talk about it?

Men really believe in value exchange. So if you give first it becomes a lot easier to get what you want, which is emotional nourishment. A lot of men feel that you asking about their day or their emotions is like an interrogation. This is because it feels like a one-way emotional communication. If you can lead by example, then he will feel like it is mutual communication.

How Men Divide Women

There are a lot of ways that men sort and divide women into groups and categories, but the only one that really matters is how we see a woman's relationship potential. Men see a woman as either friend material, lover material or more than lover material. Once a man places you in a category it can be very difficult to shift out of that category.

The majority of dating products for men are about techniques for escaping the friend zone. There is a reason so many men are asking about it and why so many other men and women are writing books about it; it's tough to get out of the friend zone. As humans once we define something we don't like it to change.

I hate that some science jerks decided that Pluto isn't a planet. That really bothers me. How dare someone just downgrade a planet when it didn't do anything to them. And how dare someone tell me what I grew up believing is no longer true.



That thing last year where some other dude decided to become famous by changing the signs drives me crazy too. I'm not into astrology at all except that I know my sign. For someone to come along and tell me I'm a different sign is something I do not like at all.

I feel this way about a lot of issues. And I am not the exception. I hate people who call tomatoes a fruit. When I was a kid a tomato was a vegetable, therefore when I die I will still call a tomato a vegetable. I don't like redefining things and nobody else really does either.

So once you get locked into a category with a man it's hard to get out. I do have some good news though. It's way harder for a man to escape the friend zone than it is for a woman. So it's not all bad.

Men start doing math on a woman the moment they see her. Is she attractive enough? Is she too attractive? Remember that most men believe that they are a seven on a scale of one to ten and therefore that's who they want to date. Once they start talking to her, they are trying to put her into a category as fast as possible.

There are certain things you can do to make sure that men put you in the correct category, but for now it's just important to understand that your behavior is locking you into a category as soon as men meet you. A lot of women that just focus on being sexy lock themselves into a lover but nothing more category. That's why they only have short-term relationships.

Women that are too serious or too masculine lock themselves into the friend only category. I see online profiles all the time where a woman says that she's, "just like a guy." I don't know any man who says his wife is great because she is just like a dude.

You have to walk the perfect balance in between these two categories, so that men will see you as a long-term kind of girlfriend.

Men Don't Like Gossip

Men have a firm belief in inner circle and outer circle when it comes to trust, secrets and communication. It isn't men buying all the magazines about which celebrities became fat last summer. Whether you believe that gossip is ok or morally reprehensible, the reality is that women do it more than men. After work, don't you like to talk to your friends and complain about your boss and all the women at work that you hate?

I'm not saying that men don't gossip. Because we surely do. We just do it a little bit less and in a slightly different fashion. I have a group of friends that I consider my inner circle. They know all my secrets and I have no problem with them sharing the secrets with each other. They tease me all the time.



As much as I am a dating guru or whatever, I am still human and I have normal human flaws. So I need my friends to keep me grounded.

But if one of them talks out of school then I will have a real problem. Gossip must stay within the circle of trust. And men feel the same way about women. Because women gossip more than men, it makes us nervous when we tell you a secret. If I tell my friend a secret and he tells his girlfriend, we both believe the secret should go no further. But I think we all know that she's going to tell her best friend. And this is where the circle is broken. Just because someone is in her inner circle, doesn't mean that she is in mine.

So what happens is that we cut the lines of communication. Once a man knows that a line is tapped, he cuts the wire.

When I first started studying the dating sciences in my twenties, one of my friends started telling everyone what I was doing. I really loved the guy and he was one of my close friends. But he would tell everyone inner circle secrets. It really hurt but I had to cut him out of my life.

This is why men keep secrets from their wives. It's not because he doesn't trust you, it's because he doesn't trust your friends. If you can learn to turn yourself into a vault, your man will start telling you all of his secrets and you guys can be very close.

Men Understand Each Other

There is a code amongst men and it is unwritten. That means that each man has a completely different perspective on that code. After all it's not written down anywhere.

When a man observes a couple arguing, nine times out of ten he will understand what the man in the couple is upset about. And he will probably side with him.

So when you are talking to your boyfriend and asking him why he never talks to you, or why he doesn't communicate with you, it's important to realize that he actually is communicating and if another man walked into the room at that moment, he would completely understand your boyfriend.

It's not that men don't communicate it's just that we communicate in a slightly different fashion.

I have interviewed a lot of men while writing this book. At heart I am a scientist so I am always doing research. And what I have discovered more than anything is that men would kill for a relationship with a woman who would be succinct.

If you can express what you want in a single sentence using the KISS method, you will discover that men reply in the same fashion. Just as we are victims of reflective attraction, we are also victims of reflective communication.



Sex is a form of Intimacy



You wouldn't believe how I act after I have sex with a woman. I might be the super tough, world traveling dating expert, but once I sleep with a woman I become so tamed. It's actually embarrassing how much my behavior alters at this phase in a relationship.

Men can separate sex from emotions, but we can't separate sex from intimacy. It's a time of trust and vulnerability. Especially in the modern age where television tells us that we should have a six-pack and that our penis should be at least a foot long.

Don't make the mistake of thinking that all those commercials and episodes of *Sex in the City* haven't affected us. There are a lot of studies about how pornography has lowered everyone's self-confidence in the bedroom. Because there is ready access to millions of hours of footage of "professionals" having sex on the Internet, we all think our partner should be a rock star on the very first appearance. All of this pressure builds up to make men super nervous in the bedroom. Of course we try to hide it.

So when you tell a man that he isn't intimate enough with you, he will be very confused. To him sex is intimacy. So if you want something other than sex, you have two choices. You can explain exactly what you mean by intimacy, or you can use the KISS method.

If you tell your boyfriend he needs to be more intimate with you, get ready for some surprising results. I know men that will think the following: you want more sex, you want a candlelit dinner, you want to go on a trip, you want to have sex with the TV off, you want to have sex while watching pornography, you want to have sex in more exotic locations, you want him to tell you his friends' secrets. I could go on and on with the many responses I have heard men give in this situation.



Because this word has a different meaning for men, if you don't define it we will try and guess. And while the man is guessing wrong, you will get more frustrated and a fracture will form in your relationship. You will be upset that he refuses to give you more intimacy and he will get angry that you don't appreciate how hard he is trying to be intimate with you. He will think you are playing games and things will just get worse.

So tell him precisely what you want; because words have different meanings for men and women.

The Power of Prophecy

People will do exactly what you tell them. You have the ability to create the type of man you want in your relationship. There have been a lot of studies on how people change based on what uniform they are wearing. Put a man in a navy uniform he will start acting like a sailor. Dress him like a cop he will start treating everyone like crap. Dress him like a ninja and he will become quiet.

It works for words as well.

If you tell a man he is a jerk, he will start acting like a jerk. If you tell a man that you love how kind and attentive he is, guess what happens. That's right. He becomes more kind and attentive.

This principle is one of the most powerful communication principles you can ever learn.

If you can control your communication you can control the man in your life. Just decide what kind of man you want him to be and use language accordingly. If you tell him how brave he is all the time, he will naturally want to play out that role. That's why innocent men who are constantly accused of cheating eventually just cheat. They might as well get the reward of the crime if they are going to do the time.

I am going to share with you one of the biggest secrets I teach men who want to get better at meeting women; this technique works on you guys too. Big time.

If I walk up to a group of women in a bar and call them friendly, they will be so friendly to me that it's unbelievable. This works all the time. It's a way to bend reality. I have watched women be really cruel and mean to tons of men in a bar. They are beautiful and on a girls night out so they are shooting everyone down. But when I come up and say I love how friendly everyone is in this town, they immediately fill in that role.

Of course the opposite happens when you call a woman a bitch. Then it's like the end of days for a man.

So if you are in a bar and a man walks up and calls you friendly, he's probably read one of my books. And if you start dating him just keep telling him you love how he's so loyal and takes such good care of you and would never cheat on you. After all, turn about is fair play.



BONUS THREE

Make Your Man Whore-Proof



I'm very excited about this section and I think it's a great lesson to end with. This powerful technique will knock out the competition before they even show up. That's awesome. But it will also make the man in your life happier.

As a man that's something I want in my relationships.

The goal of this book is to enable you to have great relationships. I want that for the man you are with as well. Anything that can make him happier and save you both from the heartache of cheating and breaking up is a win.

Why Do Men Date Women From Work?

It takes a man a certain number of years to achieve a position of authority at work. A lot of men are married and have kids before they achieve this position. Suddenly a man is in his late thirties or forties and he has a woman whose entire job is to please him. She brings him coffee in the morning, she keeps people he doesn't want to talk to away from him and she spends all day serving him and telling him how brilliant he is. She is completely supportive of his work, as her paycheck is dependent on his performance.



At this point there are probably other women in the office who admire him as well. He may be in charge of a team of employees that includes some cute blonde fresh out of college. She is just so impressed with his success and wants to be just as smart as him some day. She asks him for a little extra time together to pick his brain and help her strategize her career.

So now we have a man who has spent his whole life feeling like a bit of a drone who suddenly has women who admire him for the thing he is best at, his work. If he's not getting the admiration he needs at home. If his wife is nagging him to get a promotion so that she can drive a nicer car or put the kids in a nicer school, he is going to be sorely tempted to spend some intimate time with a woman who makes him feel like a real man. The less a man feels admired at home, the easier it is for him to be drawn in by a woman at work.

It's not that he doesn't love his wife; it's just that men require sustenance. Men require admiration to feel alive and to be happy. When they don't get that admiration at home, they go looking for it elsewhere, and they become vulnerable to the temptations of the flesh. If he feels like his wife doesn't respect him, but the woman from work does, that new woman can easily become the center of his moral compass.

What's he's Thinking about when he Cheats

There are more and more studies about how men cheat on their women. There is all this data now showing that as many as one in four women cheat on their man at some point in the relationship. Nobody wants to be cheated on. I am going to give you a tool now to help you beat this percentage. This one technique will shut down a man's desire and ability to cheat on you.

When a man in a relationship meets a new woman he is attracted to, he goes through a decision calculus. He places several variables into the equation and comes out with a decision. The decision boils down to this: Is the pleasure worth the risk of getting caught? So a man factors in how likely his girlfriend or wife is to find out. Then he factors in how severe the punishment will be. Will she divorce him? Here's a secret.

Pleasure / (Odds of Getting Caught x Punishment) = Will he cheat

Cheating for the first time is the hardest. Someone who has cheated once will cheat again.



Then there are a ton of variables that go into the pleasure factor. How attractive is the woman? How does she make him feel? Can she provide things he's not getting at home? If his wife at home is constantly nagging him to paint the garage and to start making more money, what do you think he's going to do?

Woman's Attractiveness x Admiration x Amount of Nagging at Home = Pleasure

Make Him Slut-Proof

The more you respect your man, the more he will want to maintain that respect. If you never nag him and you are his number one fan and you admire him on a deep level, your man will die before he loses that respect. He wants to be your knight in shining armor. So just let him.

It's so hard when a woman tells her man that he has to choose between her and a career decision. I have been in that situation. I used to be a professor at a very respected university. I gave up that career to pursue my passion for working to help people have better relationships. That's a scary decision. I gave up a steady paycheck with amazing health insurance for a life of high risk, sporadic paychecks.

If nobody buys this book then all the time spent writing it won't matter. I won't make any money from this project. The girl I was dating at the time was against this career decision. I had to choose between her and my passion. It didn't end our relationship. But it put a lot of strain on it and was a major factor in our breakup. She couldn't support me when I needed it the most.

When a man leaves his safe career to work for himself he is terrified inside. If his woman won't support him then it's a thousand times worse. You are supposed to be his number one cheerleader. If you don't have his back then who does?

I understand that women crave safety and security in a relationship, but you have to balance that with being married to a man who no longer loves you. My friend who never got to go to India loves his wife a little bit less every day. I know this because he mentions the India thing all the time to me. He told me the story about India the way I tell the story about the time I got robbed in London. We both feel cheated. We got tricked and something was taken from us.

Whether your man stays in his job because you made him and slowly dies a little every day, or he leaves his job and pursues his dream, he will always know that you were the one who wasn't there for him.

And that is something that a man just can't abide.

But if you support your man and you back him up in the way that he craves, he will be there when you need him the most. When he's in that moment, with a young beautiful secretary who just thinks he's so smart and dreamy, you can put a new factor into his equation. Your respect.



I can remember a time when I was a teenager and I got in trouble. My father said to me, "I'm not angry, I'm disappointed." That was the worst punishment of my life. And my dad was of the generation that used the belt when he spanked. Losing respect is far worse than physical pain for us.

But if your man already thinks you don't respect him, if you didn't back him up when he made his big play in life, well then the decision to cheat isn't that hard after all. Because this new woman does respect him. It's the reason men usually cheat with a woman from work.



Conclusion



The story of your relationship can be the greatest story ever told. The reason relationships are so difficult is because nobody ever taught us the right structure for a relationship.

Our parents gave us generic advice that didn't really help us to understand the way a relationship should go.

Now that you have an understanding of the phases of a good relationship, you can take the journey with the man of your dreams. You really are a special and amazing woman. The fact that you read this book all the way to the conclusion says a lot about you. And all of it's good.

A little effort at the beginning is going to give you a lifetime of reward. Today is the first day of the rest of your life. It doesn't matter where you are in your love story, the future can be bright indeed. There is a man out there who can't wait to give you the ring.

You are part of something amazing and the best part is you get to write your own ending. So go out there and implement everything that you have learned.

Be the girl who gets the ring.

