



HOW TO BE IRRESISTIBLE
TO MEN
by Amy Waterman

6-PART
MINI-COURSE

Warning: If you are reading this e-book without having subscribed to my newsletter series, you're only getting a fraction of the man-attracting power that you could be getting *for free*.

This e-book is distributed as a free gift with the completion of the How to Be Irresistible to Men 6-Part Mini-Course. If you're not signed up to my newsletter series, I suggest you do so now at my website: www.000Relationships.com/tomen/ It's *absolutely free* and delivers valuable attraction-boosting advice to your inbox every week.

But if you're serious about transforming your love life, you're going to need much more than this. That's why I created my ***How to Be Irresistible to Men Premium Course***. It contains powerful tips, techniques, and tools that will resolve virtually any problem you have with men.

Discover what it *really* takes to attract men and create loving commitment. Discover the power of being *irresistible*. Don't you think you deserve to have the kind of relationship you've always dreamed about?

Get the real deal at www.000relationships.com/tomen/

"How to Be Irresistible to Men 6-Part Mini-Course"
by Amy Waterman, author of *How to Be Irresistible to Men*

Cover design by Asher West.

Copyright © 2006 Unica Design Ltd.
All rights reserved.

No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, without the prior written permission of the publisher.

The information in this workbook is intended as an informative guide only and does not represent professional therapeutic advice.

For more information about us and to learn about more of our great products, visit the Triple O Relationships Network website.

www.000RelationshipsNetwork.com



Table of Contents

Introduction	3
Part 1 – The Three Stages of Seduction	4
Part 2 – Attraction Ain't Love	11
Part 3 – Practicing Love	16
Part 4 – Attraction Killers	23
Part 5 – Opening to New Possibilities	29
Part 6 – Become a New “YOU”	35

Introduction

Hello! Welcome to my 6-Part Mini-Course on **How to Be Irresistible to Men**. For the past six years, my online course has taught hundreds of thousands of women to attract the men of their dreams.

Will my techniques work for you? I believe they will, but I want you to know for certain. That's what you'll discover over the next six days. I'll teach you how you can attract the RIGHT men (not the wrong ones), how to feel irresistibly confident with men, and how to get more attention than you can handle. I'll end each lesson with exercises that, if practiced diligently, will get you started on the path towards becoming irresistibly attractive.

Over the next six chapters, I will motivate, educate, inspire and encourage you ... as well as ask you to take a hard look at why you haven't achieved the success you've desired in the past. But I must warn you: merely reading these lessons won't help. **You have to commit to changing yourself.** Why? Well, you can't expect different results if you keep acting in the same way that you have in the past. Chances are you've gotten into a rut with your interactions with men. You may have gotten so used to how you act that you can't see where you're going wrong or why the same things keep happening.

But here's the good news: today is the day where that's going to change! If you truly commit to transforming your old ways of acting and thinking, you can make a permanent difference in your life. You'll find that people in general feel drawn to you and comment about what a fantastic person you are. Your biggest fans won't just be men: they'll be EVERYONE you meet!

No matter what you look like, where you live, or what you've experienced in the past, you wake up every morning with the same opportunity as everyone else: the chance to make TODAY a day like no other. Why not make a promise to yourself today to believe in what you can do and who you can become? Try it for just six days. Imagine that from this moment on you are making a fresh start. You are no longer going to pay any attention to old expectations based on habit or past experience. From right now, you believe that anything is possible. As you go through the course, you're going to be asked to act or think in ways that may seem unfamiliar and unnatural. Even though it may feel uncomfortable, suspend your disbelief and keep on doing it. At the end of the week, assess the results and see if my techniques will work for you.



Gaining the success you desire with men will take courage, faith, and even a little willpower, but if you try my techniques, I promise you that you WILL notice a difference!

So let me give you a preview of what you will be learning in my mini-course.

Part 1: The Three Stages of Seduction

- Understand your own unique seduction style
- Are you not attracting the RIGHT men? I tell you why.
- The secret to women's power

Part 2: Attraction Ain't Love

- The difference between the "falling-in-love" experience and REAL love
- Why *the Rules* can get you a man but can't help you keep him
- The secret to getting real love

Part 3: Practicing Love

- The two biggest barriers we have to face
- Understand what dating is all about (hint: it's not about finding the "perfect" man!)
- Thinking your way to success

Part 4: Attraction Killers

- Getting a grip on expectations
- How to find great men when it feels like there's none around
- Why you in particular may be having a hard time finding a man (hint: it's not because your female friends have better luck!)

Part 5: Opening to New Possibilities

- What to do when he dumps you
- The best way to turn your life around (hint: it's not getting angry at yourself)
- Learning to love and accept yourself

Part 6: Become a New YOU

- Top 10 techniques for putting it all into practice

Are you intrigued? If so, let's get started!

HOW TO BE IRRESISTIBLE TO MEN 6-Part Mini-Course

Part 1 – The Three Stages of Seduction

© 000Relationships.com

When you are interested in a man, how do you let him know it? Do you:

- a. Dress in your sexiest clothes to attract his attention?
- b. Catch his gaze and give him a sultry smile?
- c. Ask him out to lunch?
- d. Engage him in friendly conversation?

The approach you chose reflects your personality and your intuitive seduction style. Some women believe that men are visual creatures, and the best way to entice them is with eye candy. Other women believe that the eyes are the windows of the soul and that a gaze speaks volumes. Still other women believe in being direct and asking for what they want. Still other women prefer to get to know a man better before making any assumptions about their compatibility.



Just as every woman has a unique seduction style, so every man responds to those signals differently. Not all men find the same techniques attractive. Some men are turned off by a woman who makes the first moves, while others find such directness exciting. Some men find a good conversation more stimulating than surface beauty, while other men will frankly admit that looks are the first thing to catch their eye.

Clearly, the method you use to attract men will determine the kind of man who finds you attractive.

When I first began my investigation into the nature of attraction, I read book after book. I started out with *The Rules*, *Why Men Love Bitches*, *How to Succeed with Men*, *How to Have Your Way with Men*, and *How to Make a Man Fall in Love with You*. I moved on to *Why Men Don't Listen and Women Can't Read Maps*, *He's Just Not That Into You*, and *How to Make Anyone Fall in Love with You*. Finally, I reached books like *The Real Rules*, *The FEEL THE FEAR Guide to Lasting Love*, and *Keeping the Love You Find*.

As I read book after book, I began to notice patterns. Light and airy books on attraction seemed designed to attract superficial and easily manipulated men. Well-researched books on understanding members of the opposite sex seemed to reduce romance to mere biology.

When I picked up the last set of books, I couldn't believe my eyes. Here was an approach to seduction that I'd never imagined. Instead of focusing outward on the process of attraction, these authors (PhDs in psychology) counseled us look inward at our own ability to love. The more we grew in love, they said, the more irresistibly attractive we would become.

Could it be true? Is a warm, loving, ordinary-looking woman more attractive to men than an aloof but gorgeous ice princess? I set out to find the truth.

I sat in bars and talked with men. I went on blind dates and asked them. I interviewed male friends and friends of friends. I emailed female acquaintances far and wide, requesting that they ask the men in their lives for an opinion. I posted the question on bulletin boards across cyberspace.

And what was the answer?

I'd like to say that it was 100% in favor of one or the other. But it wasn't.

Instead, I discovered something even MORE interesting.

Men who thought of themselves as a bit of a "player" answered that the aloof ice princess was more attractive, because she excited in them the challenge of the chase.

Men who were past that stage and seriously looking for someone answered that the loving woman who was generous with her smile won over the gorgeous ice princess every time.



Once I got over the initial shock, I realized that the response wasn't that surprising after all.

Have you ever heard the saying, "Like attracts like"? That's EXACTLY what was happening. We attract people like ourselves.

Women who follow lists of do's and don'ts in their interactions with men, staying aloof and disinterested no matter how high her interest in a man, will attract men who admire such skill in playing the game. These men are turned on by the competition of conquering the least available woman. In other words, a man looking for a conquest will seek a woman who presents herself as a prize to be conquered.

Using the same principle, we can see why mature men (who no longer have time to pretend to be someone they're not) appreciate being with genuine, honest, loving women who don't play games, either. A man looking for love will seek a woman who gives her love freely.

Does that make sense from your experiences?

It certainly makes sense from mine.

Haven't you heard the story about the stereotypical 40-something bachelor with the big house and boat who always seems to go for the beautiful blonde with couture clothes? Once he gets the woman, they can't live with or without one another, so the relationship crashes and burns, making him even more bitter and determined to remain single.

Then there are the equally common stories of the nice guy from school marrying the nice girl, and both of them living happily ever after.

Wherever I look, I see people marrying who are on the same level. I see gorgeous people who put great pride in their appearance pairing off with people who are equally gorgeous. I see spiritual people pairing off with other spiritual people, partying types pairing off with other partying types. We attract who we are.

What does this mean for you?

It means that attracting the RIGHT man is a matter of developing yourself in the RIGHT direction.



Dr. Barbara De Angelis, psychologist and relationship expert, comes to a similar conclusion in her book, *The Real Rules: How to Find the Right Man for the Real You* (Dell Publishing: 1997). She supports the concept that women who act like trophies attract men who seek conquests, while women who act loving attract men who want to love.

De Angelis distinguishes between what she calls "Old Rules Men" and "Real Rules Men." Old Rules Men love the excitement of the chase, think that women should act like women so that men can act like men, and are turned on by looks over personality. They are turned on by women who act indifferent, hard to get, and mysterious.

Yet these same behaviors repel the Real Rules Men, who want women who are genuinely interesting and interested, who spontaneously and generously express emotion, and who allow him to be himself. These women are not attractive at all to Old Rules Men, because they're not playing games.

The world of love is just. Everyone gets the partner they deserve.

Barbara De Angelis' book is a good antidote to that other perennial bestseller, *The Rules: Time-Tested Secrets for Capturing the Heart of Mr. Right* by Ellen Fein and Sherrie Schneider (Warner Books: 1995). Fein and Schneider promote a traditional view of femininity in which the woman never makes the first move: she doesn't talk to a man first, doesn't ask him to dance, doesn't pay for dinner, doesn't call him, doesn't return his calls, doesn't tell him what to do, doesn't take the lead, doesn't open up too fast....

The attraction of THE RULES is that it seems so easy. All we have to do is follow these 35 Rules (which don't actually require us to DO anything), and we can sit back passively and watch our Prince Charming do all the work.

I know that many of us have been tempted to play by THE RULES when our previous dating techniques haven't worked. And many times it DOES seem to work. Men DO pay us more attention. We get more compliments and more men competing for our attention.

But even the authors of THE RULES themselves admit that these behaviors aren't healthy. They warn women against discussing THE RULES with their counselors or psychologists, admitting that "Some therapists will think that THE RULES are dishonest and manipulative" (p. 144).



Do you really want to practice bad relationship habits JUST to get a man?

You're better than that. You can play THE RULES now and get tons of male attention from the kind of guys who respond to the thrill of the chase. Or you can start developing your ability to love, be genuine, and live in the moment ... and attract the kind of man whose strength of love and heart matches your own.

You see, when you play games like THE RULES, you are no longer attracting the kind of men who would willingly fall in love with the REAL you.

I can't say it any better than Barbara De Angelis, when she says:

"Just because he *wants* you doesn't mean he *loves* you." (p. 41)

It's a sobering thought. It is much easier and much more fun to play seductively with men and excite them to the pursuit. It is much harder ... but more real ... to let men see the honest, genuine YOU beneath your exterior. Rejection hurts much more when a man has seen who you truly are than when he's only rejected your "game face."

Nevertheless, if what you want is TRUE LOVE, playing it real is the only option you can afford to take.

So let's step back and take a look at the three options available to you as a student of the art of seduction.

1. Play games with men (e.g., *The Rules*).
2. Educate yourself (e.g., *Men are from Mars, Women are from Venus*).
3. Transform yourself (e.g., *The FEEL THE FEAR Guide to Lasting Love*).

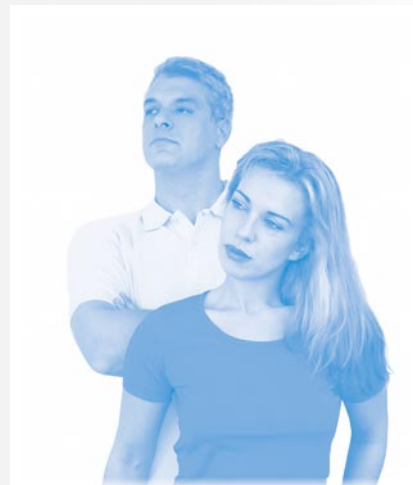
I believe that all of us pass through these stages as we grow in maturity and love. THE RULES may be silly and immature, but they're valuable training ground as we start out learning how to act around men.

If you think about it, didn't you play some version of THE RULES when you were in high school? It's all about who likes whom, the note slipped into someone's locker, getting asked to the dance, stolen glances and secret Valentines.

Yet as you grew older, perhaps you came to realize that that there were very real gender differences, that men weren't actually like women at all in how they thought and acted. Perhaps you read a book similar to *Men are from Mars, Women are from Venus* or *Why Men Don't Listen and Women Can't Read Maps*. You may have felt that the secret to having a better relationship was educating yourself about men so that you could understand them better. This stage is valuable, because in it you learn to appreciate, respect, and celebrate the differences between men and women.

Yet even understanding men is not enough. We can understand a man but still fail to have the kind of relationship we want because we don't yet understand ourselves.

As we reach our third stage of growth (a stage that will last a lifetime), we realize that any true change has to happen within ourselves. We can't change men. We can't change our partner. We can only change how we perceive and respond to life's events.



Perhaps you have had a failed relationship and realized that its collapse was due to the fact that you never really wholly committed to it. Maybe you were afraid of being too vulnerable or sharing too much. Maybe you held back because you were taught that you should never be dependent on a man or seem to need him too much.

If you have, I congratulate you. You've taken the first step on the hard road to self-awareness. Understanding how greatly we hold back in relationships for fear of getting hurt is a necessary part of the journey to unleashing the vast storehouse of love that each of us has inside us.

When you practice the Third Stage of Seduction (Transform Yourself), you will realize the truth of the following statements:

- We do not have power over others; we only have power over ourselves.
- We cannot control whom other people choose to love. We can only control whom we choose to love.
- Our greatest power as women lies in our ability to love freely, openly, and generously—NOT in our ability to be the object of men's desire.

What is magical about Third Stage Seduction is that it has the greatest power to transform ANY woman—no matter what she looks like, no matter what her age, no matter whether she is divorced or widowed or has children—from being overlooked to being irresistibly attractive.

Remember ... First Stage Seduction (Play Games) will teach you how to attract the player, the playboy, or the eternal bachelor, but it won't teach you how to attract true love from a man who truly sees you for who you are and chooses you because of it.

First Stage Seduction ONLY works on men. Third Stage Seduction works on EVERYONE. You'll find that everyone you meet feels drawn to you: strangers, children, new acquaintances, even potential employers. Your irresistible attractiveness will be apparent to men and women, young and old alike.

The greatest experts in the field of relationships are unanimous in saying that our efforts to change or influence other people's behavior are not a fraction as effective as our efforts to change ourselves.

If you want to achieve the relationship of your dreams, learning how to manipulate men is a poor and ineffectual tool.



Believe me when I saw that you have the most POWERFUL tool ever created ... in your own heart. When you learn to LOVE openly and give of yourself freely, you will attract wonderful, healthy, loving men.

In order to understand the concepts in this lesson better, I'd like you to try the exercise on the following page.

EXERCISE – Personal Seduction Style

Think back on your last four relationships. (If you don't have four, then add any flirtations or even platonic male friendships that you may have had.) Answer questions 1 to 5 for EACH relationship, then look over your answers before attempting questions 6 and 7.

REPEAT FOR EACH RELATIONSHIP

1. How did you first meet?
2. What do you think made him feel attracted to you?
3. How did you act in order to encourage his interest in you? (Even if you feel that you didn't act differently at all, include your normal behaviors that fed his interest, such as having interesting conversations or teaching him something new.)
4. What sort of behaviors did he respond most to? (For example, you may have tried being verbally flirtatious or touching him playfully, but what turned him on the most was the flimsy skirt you wore.)
5. Did you continue these behaviors throughout the duration of the relationship?

FINDING PATTERNS

6. From your answers to the above questions, what adjectives would you use to describe your personal seduction style? Examples include *sexy, flirtatious, intense, playful, light-hearted, intellectual, intriguing, physical, warm, aloof, talkative, quiet, shy, worrier, carefree, confident, outgoing*.
7. Do you feel that your personal seduction style has worked well for you in attracting the “right” kind of men?

Remember that there are no right or wrong answers with this exercise. It’s simply a tool to increase your awareness of how you typically attract men. Once you can identify and isolate the behaviors and/or techniques that you habitually use to increase attraction, you can decide whether or not they’re actually doing the job.



HOW TO BE IRRESISTIBLE TO MEN 6-Part Mini-Course

Part 2 – Attraction Ain't Love

© 000Relationships.com

If you read all the books on dating and attraction out there, you'd be forgiven that all it takes to get a man interested in you is flipping a switch. Like magic, INSTANT ATTRACTION!

Tracy Cabot tells us in *How to Make a Man Fall in Love with You* that all we need to know is whether his love language is visual, auditory, or feelings, then mirror his language right back to him. Lisa Daily in *Stop Getting Dumped!* tells us that all we have to do is let him make all the moves and keep three guys on dating rotation. Susan Rabin explains *How to Attract Anyone, Anytime, Anyplace* with flirtation and a smile. Leil Lowndes gets love at first sight down to a science in *How to Make Anyone Fall in Love with You*. And, of course, who hasn't read Ellen Fein and Sherrie Schneider's *The Rules*, which tells us that the secret to attraction is playing hard to get?

My head swirls just thinking about it all.

There's only one problem. We can spend years of our lives mastering the dating scene, only to get married and watch our relationship fall to pieces because we learned more about how to play hard to get than how to act once he's got us.

When you look at all the numerous popular books out there on dating, the tactics can seem quite artificial. You're supposed to memorize exactly what you're supposed to do when he does this. You're supposed to treat him in certain ways regardless of what your heart is telling you. You're supposed to say certain things and not others.



As a result, you may end up bagging a boyfriend or even a husband, but if you're anything like me you'll always feel suspicious that who he fell in love with wasn't actually YOU but the person you pretended to be.

Even worse, someone who rigorously followed *The Rules* may find herself automatically holding back her feelings in a relationship. Someone who became used to ramping up the attraction by being unavailable may find that she can't sustain

her partner's interest when they're living together all the time. Someone who's an expert at making men fall in love with her may find that the same techniques are completely useless at keeping him in love.

Old habits are hard to break, creating a recipe for disaster.

Dating is learned behavior, so it MATTERS what we learn. Right now, I am going to ask you to entertain the notion that you don't have any need for the above books, because you will never, EVER have to make the right man fall in love with you. The only men that you have to MAKE fall in love are the wrong men for you anyway.



I am not going to elaborate any more on this idea at the moment, but keep it in your head. If you've read Greg Behrendt's *He's Just Not That Into You*, you know a little bit about what I'm talking about.

Dating isn't a game that you can win by memorizing rules. Dating is—at its HEART—a process of discovery. Discovering how you interact with different kinds of people. Discovering what fills your needs. Discovering lessons about life through intimate companionship with another.

If you focus so hard on the goal of getting a mate that you are blinded to the process of discovery and your own feelings, then you may end up with the booby prize of an engagement ring without love.

So many women convince themselves that they're really in love with a guy when they're actually not. They feel giddy and protected and bigger than themselves in his presence. They associate so many good feelings with him that they are convinced that HE is their cause. As a result, they think they have to keep him in order to ensure that the good feelings keep flowing.

But what if I told you that what you were feeling when you were falling for a guy was not love at all?

Psychologists M. Scott Peck and Dorothy Tennov, among others, believe that the feeling of falling in love is *separate* from the experience of real love. Dr. Tennov even believes that we should have a different word altogether for the experience of being in love (she suggests the term *limerance*).

Dr. Peck describes the difference in this way. REAL love takes work. It is an act of will that focuses on both partners' growth and development. FALLING in love, on the other hand, takes no effort at all. A person "in love" basks in the bliss of the beloved's seeming perfection, while a person who loves unconditionally sees

their lover honestly and continues to love even when unpleasant character traits arise. Because of the difficulty in learning to love, real love can take years to develop, while falling in love can happen in an instant.

This means that a ticking clock accompanies all the wonderful feelings you experience while you are with a man that you've fallen in love with. They will end ... and if real love hasn't arisen to take its place, the relationship will end, too.

What few dating books will tell you is that the art of "making someone fall in love with you" is a misnomer. Even if you practice all the arts of seduction on a man, all you're going to get at best is ... well, limerance.

Put bluntly, you can make a man fall in love with you, but that's no guarantee that he will love you.

That is why it is so important to learn how to LOVE. It is the only tool you have for creating a relationship that will last forever.

For decades, Hollywood has confused the experience of falling in love with true love. Movies like *Sleepless in Seattle* taught us that love at first sight was the real thing. If you fell in love, you were supposed to get married, because the intensity of the in-love experience proved that he was the One for you.



Yet in actual fact, the warm tingles, the rush of emotion, the euphoria of touch, and the irresistible desire to be with him all the time is a TEMPORARY feeling. At most, a couple's romantic bliss will last for two years. In most cases, it ends sooner.

As mirage of romantic love has spread throughout popular culture, the specter of divorce has grown stronger. Today, when all of us have a choice about who we are going to marry and greater partner choice than ever before, we still are more likely to get divorced than our grandparents.

What can we conclude from all this?

First, that falling in love is no guarantee that the relationship will mature into a love that lasts forever.

Second, that perhaps we've been going about attracting men all wrong.

When you spend all your time learning how to attract men superficially by memorizing how to act, how to talk, and how to dress, you may succeed in getting men to fall in love with you, but you may find it difficult to get them to love you.

So how do we go about getting REAL love?

The secret lies in the universal law that we get what we give.

You can't get love. You can only give it and have faith that what you give will be returned to you.

Sound harsh? It's not. It's actually the most exciting journey you'll ever embark upon.

In my **How to Be Irresistible to Men** course, you'll learn how to radiate the kind of energy that attracts men on their deepest level. You'll learn to identify the areas where past experiences have made you defensive and open them up again. You'll learn how to create a welcome place for men in your life. If you practice the techniques in my course faithfully, you'll find that the right men are naturally drawn to you. That's because loving behavior attracts loving men.

Yet most of us don't truly know how to act loving: we think we are acting in his best interest when, in actuality, we are acting to the way we do to keep him from leaving us, to keep from getting hurt, or to keep from being alone again.

Real love is concerned with growth: our own growth and the growth of our partner. It doesn't say, "I'm so glad that I'm with him so I don't have to be lonely." It doesn't say, "Being part of a couple is fantastic!" Instead, it asks, "How can we grow together and help one another along life's path?" Real love is the essence of partnership, when two people face life's challenges side by side, not turning against one another in the need to possess or perfect.

Gary Chapman, author of the wonderful book, *The Five Love Languages*, explains real love in this way:

"Our most basic emotional need is not to fall in love but to genuinely be loved by another, to know a love that grows out of reason and choice, not instinct. I need to be loved by someone who chooses to love me, who sees in me something worth loving." (p. 35)

The amazing thing about TRUE love is that it endures whether or not loving feelings are present. You can love your partner even though you dislike him very much at that moment. Dr. Chapman believes that you can act in love even when you hate your partner. REAL LOVE IS MORE POWERFUL THAN FEELINGS.

So how do you get a part of it? I'll tell you that in the next lesson.

EXERCISE – What is Love?

Gain a better understanding of your concept of love. If you are in a relationship, skip the first question. Then, think about your current or most significant past relationship. Answer questions 2 to 6 by completing the following sentences with the first words that come to mind.

PART ONE

1. I want a partner (e.g., lover, boyfriend, husband) because...

PART TWO

2. When I am with my partner, I expect to feel...
3. If I want to show my partner how much I care, I...
4. My partner makes me feel loved when he...
5. Other people can tell we are in love because...
6. If my partner left me, I would feel...

PART THREE

Take a moment to reflect on your answers to the above questions, noting any patterns. Then, complete the following sentence.

7. Love is...



HOW TO BE IRRESISTIBLE TO MEN 6-Part Mini-Course

Part 3 – Practicing Love

© 000Relationships.com

Getting real love isn't easy. Today I'd like to talk about two barriers we have to practicing real love in our lives: our modern understanding of dating, and that little voice inside our head that seems to take dark pleasure in sabotaging our relationships.

There are so many barriers to love that it can feel as if real love just isn't possible. Luckily, there's hope. Once you face them you'll find that they're like the bogeyman in the closet that vanishes once you shine a light inside. Seeing what is actually happening in your relationships with the true light of self-knowledge will shine your way to love.

BARRIER #1: THE DATING SCENE

The first barrier to love is one that we simply must accept: the social scene of modern dating. Modern dating seems to be much more about infatuation than love.



Real love takes WORK. Infatuation (“falling for someone”) is easy. In our fast food world with instant access to life's pleasures, infatuation satisfies our emotional hunger pangs with a flood of good feelings. Unfortunately, it is no substitute for the lifelong “good nutrition” of real love.

All of us have probably felt tempted to take the effortless route to relationships. When everyone else around us is ooo-ing and aah-ing over handsome guys, hooking up, and getting the rewards of hot sex and passionate dates, we can't help ourselves for believing that THAT is the how the path to lifelong love should begin.

One of the greatest myths of our culture is the romantic notion of two handsome strangers bumping into one another—in a bar, on the street, at the supermarket—looking into one another's eyes, and knowing that they're destined to be together for life.

The reality is much more prosaic. You are much more likely to meet your future husband by being introduced by someone you both know. According to *Sex in America: A Definitive Survey* (Michael et al., Warner Books: 1994), the majority of people who end up in a sexual relationship were already part of the same social network. Nearly two-thirds of married people were introduced by people they knew in common (mutual friends, family, coworkers, classmates, neighbors). And 60% met at school, work, a private party, or church. A mere 10% of married couples met in a bar, on vacation, or through the personals.

Sex and the City to the contrary, investing time in making friends and getting to know more people will get you closer to your future husband than been seen in the city's coolest watering holes. Social networking may not be as glamorous as dressing up in Manolos and squeezing the ripest fruit in the organic grocers, but statistically speaking it will bring you closer to enduring love.



Many singles prefer to look for love by a more direct route, and they find it in the clubbing scene. An acquaintance of mine characterized the dating strategy of young people in my city in this way:

Go out to the clubs, get completely drunk, wake up with someone in your bed the next day, assume that this now means you're dating, then stay together so long that it's easier to get married than to break up.

Relationships begun in bars under the influence of alcohol rarely survive the reality check of different hobbies, personalities and lifestyles. Attractive looks may be helpful in sparking a potential relationship, but unless the two people have a lot more in common than looks, the relationship won't mature into deeper love.

Harville Hendrix, author of the thought-provoking book *Keeping the Love You Find* (Atria Books: 1992), sees another problem with modern dating:

So many singles concentrate all their efforts on perfecting the outside trappings and strategies of singleness, in order to stand up to the scrutiny of the mating game, while their inner selves remain unexamined and neglected. They want to find the perfect partner, get married, and *then* worry about being happily married. (p.13)

He's absolutely right. Dating has become about having fun and competing for the most desirable men in the cutthroat singles scene. Very few people go out on dates with the intention of seeing how well they connect as potential partners *rather than* seeing what a catch he would make.

I believe that much of what we've been led to believe about dating is wrong. We've been led to believe that dating is about finding the perfect man. It's not. Does that surprise you?

Dating is NOT about finding the perfect man.

It's not about finding your soulmate.

It's not about stumbling upon Prince Charming.

It's about DISCOVERING more about yourself through relationship with others. It's about BRINGING OUT THE BEST in yourself and others through exercising that most beautiful of all human muscles: the heart. The more you love, the more you succeed.

Think about it. Really, it's not about getting the greatest looking guy, or the richest guy, or the guy that every other girl wants. It's about getting the guy who makes your best TEAMMATE in the harsh obstacle course of life.

But to get a great teammate, you've got to be a good team player. And to be a team player, you've got to learn how to work WITH him ... not against him, and not for him.

In most relationships, partners compete against one another to get their needs satisfied. You want Chinese, he wants Mexican, and both of you argue in an attempt to get what you want.

In other relationships, one partner does everything for the other partner. She tries to make him so happy that he won't leave her. She's committing an equally grave error: that of doing everything FOR him rather than WITH him.

Your goal in a relationship is not to make him want to stay with you. Your goal isn't to be the best girlfriend he's ever had. It isn't even to make him happy.

Nor is it the opposite. If you're in a relationship for your own sake—to keep from feeling lonely, to feel the status of having a great boyfriend, or to get an engagement ring—then you're also missing the point.

The point of a relationship is THE RELATIONSHIP. That's right ... the bond, connection, and interaction between you and your partner. Both of you make up the whole.



It isn't about him. It isn't about you. It's about WHAT YOU CREATE TOGETHER.

When you value what you create together over your individual needs and desires, you can make healthier decisions about love. You'll be able to make better decisions about when you should keep a relationship and when you should let it go.

For example, say that you fall in love with a man who, for whatever reason, clashes with you everywhere but the bedroom. If you realize that the point of a relationship is the RELATIONSHIP, not the good feelings you get by being with him, you'll be able to let him go with strength and grace. You deserve a relationship that is greater than the sum of its parts.

BARRIER #2: YOUR INTERNAL VOICE

You yourself are the greatest barrier to getting the love you desire.

"How can that be?" you might ask. "I go out, I meet guys, I date. I'm not doing anything to push guys away."

But if you're like most women, you've got an internal voice that keeps...

- telling yourself that you're not pretty enough,
- worrying that he doesn't like you enough,
- wondering what he's really thinking,
- bringing up every past mistake,
- fearing that you'll always be single,
- doubting that you have what it takes to find true love.

That voice is the single biggest reason that most women don't find the success they're looking for.

Susan Jeffers, in *Feel the Fear and Do It Anyway* (Fawcett Books: 1987), tells a story about an exercise she has her students perform. She asks a person to stand next to her and hold out his arm to the side. She asks the person to keep holding his arm straight while she tries to push down on it. He can usually keep his arm up with no trouble.

Then, she asks him to repeat the negative thought, "I am a weak and unworthy person," ten times in his head. Jeffers then tries to push his arm down. Surprisingly, his arm falls down easily.

Finally, he is asked to repeat the positive thought, "I am a strong and worth person," ten times in his head. This time, when Jeffers tries to push down his arm, he resists with even more force than the first time.

It's an incredible experiment that proves how the words in our mind affect our world.

If you think negatively about yourself, others will pick up on your negativity and respond by mirroring your negative self-perception. In other words, people will think about you in the same way that you think about yourself.

I've heard so many men talk about how much they dislike it when their partners point out their body flaws. "She's beautiful," one man said. "But she's always telling me how much she hates her butt. I don't see anything wrong with it—at least, I didn't until she brought it up—but now I feel like I have to agree with her just to keep her from going on about it."

If you often talk about how you haven't been able to get a man because you're divorced/have children/are too old, then people around you will start seeing you as someone who can't get a man. You'll have earned an identity as that person who never gets a date, and the only person to blame is yourself.

Words can be poison, so watch them. For one week, try to put into practice this version of the old saying:

If you can't say something nice about yourself, don't say anything at all.

Give yourself a break. Even if you're having a bad hair day, or a fat day, or PMS-ing, don't say anything about it—either to others or yourself. If you have to avoid looking in mirrors, do so. Forgive yourself for not being at tip-top shape. Do whatever it takes to feel okay with how you're feeling and looking right now.

One technique that I use when I'm feeling less than my best is taking a quick read of the international news. Just reading a few articles about the difficult conditions in other parts of the world that suffer from war and famine makes me realize what a minor thing my own annoyances actually are.

Don't just give yourself a break: also forgive yourself for not being perfect. We women put higher expectations on ourselves than anyone else puts on us. I read an article in a magazine that stated that while women tend to compare their looks against the appearance of models in magazines, men tend to compare women's



looks against other women's. In other words, if anyone is comparing you, it's against the girl next door—not against supermodels.

(And, by the same token, forgive others for not being flawless as well. The girl that all your friends mock for being “fat” or poorly dressed is wonderful and lovably perfect, just as you are.)

If you truly start looking at the women around you, you'll realize how many shapes and sizes and colors we come in. Whereas magazine models all tend to look the same, real women have much more variation. I will bet that if you can take an honest look at yourself from the perspective of the women around you, you'll realize that your looks aren't flawed at all: they're what makes you uniquely you.

When someone gives you a compliment, accept it with a “thank you.” Learn to accept tokens of appreciation and gratitude with grace.

When you allow others to value you, they see you as valuable. When you allow others to compliment you, they see you as beautiful. It is amazing how our ability to accept the positive opinion others have of us actually REINFORCES that positive opinion. Think about it ... if you're always complimenting someone who deflects those compliments back, then you start to get the feeling that perhaps the person wasn't worthy of the compliment after all.

The voice in your head is just as bad as your voice out loud. For example, when you're on a date, you may make sure that everything you say is positive and light-hearted, but if you're worrying in your mind about whether he's enjoying himself, whether he'll ask you out again, or whether he thinks that you're what he expected, you'll communicate that insecurity to him.

Our thoughts are not as private as they may seem. Our thoughts affect the tone of our voice and our body language. Men can pick up on these subliminal signals.

It may seem strange to make a concerted effort to think positive thoughts. We're used to allowing ourselves to think whatever crosses through our mind. Yet unless you stop thinking in negative ways about yourself, or worrying so much, or doubting your future, you'll keep finding that bad patterns keep getting repeated. Even if you don't feel good about yourself, you can at least stop bringing yourself down with critical thoughts.

Self-love is a prerequisite for getting the love you deserve. As you develop a deeper sense of love in yourself for all your wonderful, quirky flaws, you'll be amazed to see that the love in your heart is reflected in others. Why? Well, a woman who loves herself doesn't have to hurt, hate, or put down others to make herself feel good. A woman who accepts herself for who SHE is also accepts others for who THEY are. Loving thoughts are like a perfume that draws others to you.

EXERCISE – Be Your Best Self

When next Monday rolls around, I want you to try the following.

- 1. Smile at three strangers.**
- 2. Compliment three people.**
- 3. Thank three people.**

Repeat as necessary.

The point of this exercise is to shower good feelings on other people. Happy people are the most pleasant company, because a happy person brings everyone's mood up. Even if you don't feel happy—EVEN if you've got a case of the Monday blues—you'll be amazed at what happens when you make an effort to smile at, compliment, and thank people. People will smile back at you. They'll feel good at being noticed. They'll feel appreciated. And as a result, they'll be nicer, more thoughtful, and more complimentary back to you. Even if you didn't feel happy before, the act of being kind to other people will bring your spirits up. And you'll notice a magical thing: happy women are also beautiful women.



When you've feel that you've mastered this, add two more steps.

- 1. Don't say anything negative about anyone.**

If you have to criticize someone, frame your criticism in terms of an objective description of what has been done. For example, say, "My ex and I didn't get along, so we decided to separate," rather than, "My ex was such a jerk that not even his mother loved him."

- 2. Don't think anything negative about yourself.**

This is even harder. Every time you hear a negative thought slip through your mind, like, "I am so stupid," "Why can't I do this?" or "What's wrong with me?", catch yourself and replace it with a positive thought such as, "I am learning," "I'll figure it out," or, "Everything takes time."

HOW TO BE IRRESISTIBLE TO MEN 6-Part Mini-Course

Part 4 – Attraction Killers

© 000Relationships.com

Let's start out today with a quiz. Answer with the first response that comes into your head.

True or false?

1. There are no good men out there.
2. I can't find anyone I like.
3. So many men are jerks.
4. Guys are only after one thing.
5. Dating is stressful.
6. I just want to find my Mr. Right.
7. I want to live happily ever after.
8. Men don't notice me because I'm not pretty enough.
9. Every time I go out with someone new, I wonder in the back of my mind if he's the One.
10. It's going to take a miracle for me to find a husband.

How many did you answer True to?

If you answered True to five or more, your expectations may be suffocating your relationships before they begin.

I'm going to group the above beliefs into three categories and show you why these beliefs can be more deadly to your love life than you imagined.

- 1. The Belief of Scarcity**
- 2. Man-Bashing**
- 3. Victimhood**

The Belief of Scarcity

The belief of scarcity is the belief that there aren't any good men out there, or that all the good men are either taken already or gay. The best description I've heard of this attitude comes from a discussion on the Members-Only Forum of "How to Be Irresistible to Men." A friend had told one of the women on the forum that,

"There's no one out there but losers and jerks. If they're still single, there's something wrong with them."

Do you believe that?

I've heard women say that for whatever reason, there aren't any men out there for THEM. Maybe they have a special situation. Maybe they're older; maybe they have children. Maybe they live in a small town or don't have money to go out.

NO SITUATION justifies the belief that there are no available men out there. According to the US Census Bureau 2004 report, 44.5% of the American population over 15 years of age is unmarried. This means that there are 47,513,000 unmarried men out there, most of whom have never married.

You just have to browse the online dating sites to realize the wealth of single men out there. The constraints of geography don't apply anymore. Even if you live in a remote area, you can still find dating opportunities via personal ads or online dating sites.

The world has gotten smaller and smaller. Our grandparents never had the kind of choice we do with respect to potential partners. They were limited to the people they met via church, school, or in their community. Their choice was often limited even further by the expectations of their family, culture, and social rank. Truly, we are the luckiest women in history when it comes to having the freedom to select a partner.

And yet it seems that in the midst of all this choice, we're paralyzed. Some of us have become so picky that none of the men in our community seem good enough to us. We create exhaustive lists of specifications: he has to make so much, have this kind of family background, enjoy these hobbies, want these goals.... Instead of seeing the abundance of men around us, we've developed binocular vision that picks apart the flaws in every man we meet.



If you are going to meet more men, you have to begin by opening your eyes. Look around you. Promise yourself that the only criteria you're going to use to disqualify men from further consideration are that (1) they're married or otherwise taken, (2) they're either too young or too old, or (3) they are not "good" men (e.g., they have a drug or alcohol dependency, are known players, abusive, etc.).

Once you've eliminated every man who fits in the above categories, who is left? Anyone?

Most women will find that they're left with a lot of guys who are really nice (who probably even have a secret crush on you), but who get left out of consideration because they're "too" nice, not good looking enough, or don't have a high-status job.

You may not feel any chemistry with these men, but the fact is ... they're there. They belong to the vast number of single, available men who are also searching for love.

So the next time you feel yourself tempted to complain about the lack of available men, change your tune. I have a friend who always seems to be complaining about the lack of good guys out there ... while the only one willing to listen is her best male friend, who's been secretly in love with her for years.

The problem is NOT that good men are scarce. The problem is that our image of Prince Charming is so darn specific.

It may be that you're looking for such a particular kind of man that you're blinding yourself to other possibilities. I am not saying that you should date men that you have absolutely no interest in. (Chemistry IS essential!) But as far as you feel able, give men a chance. Flirt with men that you're not particularly interested in. Have the self-confidence to chat with men that you wouldn't be seen with in a million years. Be polite, friendly, and warm to everyone you meet. You may very well find that your "type" wasn't at all what you thought it was.

Man-Bashing

Alison Armstrong from PAX Programs (www.understandmen.com) runs some incredible seminars on "Celebrating Men, Satisfying Women." The premise is that by learning to appreciate the ways in which men are different from us, we can have more satisfying relationships. Alison asks her participants to begin their voyage of discovery by vowing to STOP MAN-BASHING. You know what I'm talking about. We man-bash when we get together with our female friends and talk about what jerks all men are, why men don't have a clue, why men can't seem to clean up after themselves, and why men can't get it.



Any time that you generalize about men as a whole, you create a stereotype that affects all your interactions with men. If you believe that men can't be trusted, you'll act suspiciously towards men, causing them to respond to you in such a

way that feeds your belief. If you believe that men are only after sex, you may end up acting defensive, which will wound genuine men while exciting players who thrill at the chase.

Your beliefs about men affect not only your behavior towards them, **BUT ALSO** their behavior towards you.

If you are negative, suspicious, and critical of men—no matter what your reason—you will have a hard time finding love.

If you've been hurt in the past and have allowed that to affect how you treat men now, you will have a hard time finding love.

Men don't want to be associated with a source of pain and hurt. They don't want to feel like they have to defend all men against the actions of a few.

Remember that it is your EX who let you down, not men in general.



On the whole, men deserve the benefit of the doubt. Why not, instead of believing that all men are jerks until proven otherwise, believe that all men are good and decent until proven otherwise?

The first benefit of this belief that your life will be much happier. It takes a lot of effort to always be suspicious of every stranger that enters our life. We should have enough confidence in our own powers to judge another's character that we'll be able to sense immediately when someone is not worth the trust we have put in them and revoke it.

The second benefit of this belief is that men will feel highly attracted to you. A woman who willingly and generously gives her trust to men draws others to her with her openness and warmth. Men can sense when a woman enjoys the company of men. A woman's pleasure in a man's company is beautifully evident—not just to him, but also to other men who might be watching.

Intimacy must be built on a foundation of trust, but too many women believe that it is the man's responsibility to prove his trustworthiness. Think about how you would feel if every man you met was suspicious of your motives until you proved that you weren't after his money or a wedding ring. You'd feel like no one trusted you, right? Do you think it's fair that we make men feel this way?

If at all possible, avoid speaking in a negative or critical way about your ex. Merely repeating the old story will bring your heart rate up, make you feel tense, and allow negative feelings to intrude into what should be a positive moment. Also, some men will wonder if, by starting a relationship with you, they'll be in the same position as your ex someday: as the object of your anger or disgust.

Victimhood

That point brings me to the final category that we have to watch out for: the feeling of victimhood. So many of us believe, in our weaker moments, that we were singled out by the universe for particular hardship. We may wonder, "Why does it always happen to me? Why does everyone else have a great boyfriend and I don't? Why can't I ever seem to meet someone new?"

These thoughts of victimhood are deadly to our dating lives. They make us feel discouraged, lead us to expect that things will always be like they are now, and put us into a negative mood that elicits more sympathy than positive male attention.

Things will happen in your life that will require a period of grieving, expressing negative feelings, and getting in touch with your pain and fears. This is normal and healthy. We all get hurt, and we all need time to recuperate and process those emotions.

However, when fear and discouragement become the major mode by which you live your life, you drive men away. Men are attracted to the life force in a woman: her energy, vitality, and irresistible warmth. When a woman pulls back, closes herself off to those trying to help her, and plays the role of the powerless victim, she is no longer attractive: she is a woman in need of healing.



It can be difficult to tell that we're playing the victim. We may believe that we're simply stating the truth when we say that we're the one for whom things never go right, who always loses everyone she loves, who keeps driving men away. Maybe we even say that it's all our "fault" that things are the way they are. We tell everyone that WE are the reason our life is a mess, that it's nobody's fault but our own.

But the truth is that you were made as perfectly as everyone else. We all have challenges particular to our situation. Things are easy for NONE of us. ALL of us make mistakes. ALL of us get stuck into ruts where it seems nothing is going right. We're all human, and we find it difficult to overcome habits. Of course it is hard to change the way we've always been. But that doesn't mean it is impossible.

If you continually bring yourself down to earth in an attempt to be "realistic about your chances," you're actually diminishing whatever chance you had in the first place. Who knows? Maybe your future husband was ordering a coffee at the

same coffee shop you went to this morning, but because you were so convinced that you'd never meet anyone in your home town, you completely missed him. Maybe you were so certain that there would be no men of your age at a singles event that you didn't go, while the man of your dreams was actually there but ended up going home early, alone and lonely.

Susan Jeffers makes an excellent point when she tells us, "There is an automatic assumption that negative [thinking] is realistic and positive [thinking] is unrealistic. Upon inspection, that is pure madness" (*Feel the Fear and Do It Anyway*, p. 72).

There is NO reason or excuse great enough to prevent you from feeling hope.

All you have to do to break out of the cycle of victimhood is to start hoping. Believe in the possibility of meeting a wonderful man. Believe in the possibility of being married in two years. Believe in what COULD happen.

Positive thinking can work miracles.

EXERCISE - Invisible Beliefs

To get a better understanding of how the beliefs you hold about men are affecting your dating life, complete the following statements with the first words that pop into your head.

1. Men are _____.
2. My last partner was _____.
3. I wish that men were more _____.
4. I wish I could find a man who was _____.
5. A good man is _____.
6. Finding a man is _____.
7. Complimenting a man is _____.
8. When I meet a man, the first thing I usually notice is _____.
9. If I were to describe what most of my friends' relationships are like, I'd say they are _____.
10. All my relationships seem to end _____.

Looking back at your answers to those questions, do you see any patterns? Are they generally positive in tone or negative? Do any of your answers reflect a belief of scarcity, a man-bashing attitude, or a sense of victimhood? If any of them do, put a star by the question.

Make a promise to yourself to replace negative beliefs with more positive beliefs. For example, if you believe that a good man is hard to find, then make an effort to look for the good in the men around you. If you keep seeing your ex's habits in every new guy, make an effort to appreciate the ways in which your partner is NOT like your ex.

Rather than looking for ways to criticize men (e.g., dismissing a man with, "He's not good enough for me," or, "He's just not X enough for me"), try looking for ways to appreciate and compliment men. Allow yourself to feel appreciation, respect, and admiration for the men in your life. You may just find that men find your attitude irresistible.

HOW TO BE IRRESISTIBLE TO MEN 6-Part Mini-Course

Part 5 – Opening to New Possibilities

© 000Relationships.com

If you feel that you've tried everything and nothing seems to be working, today's lesson will open you to some new possibilities.



So many of us get into the attitude that nothing works, nothing is going to help, and there's nothing we can do about it. Not unsurprisingly, our attitude keeps us from getting anywhere.

The instant that you find yourself closing off to the possibility of something wonderful happening—such as telling your friend, “No, that cute guy couldn't possibly be looking at me,” or, “He just wants to be friends, I'm sure he's not interested,” or, “Why bother going to the party? There won't be anyone there”—you close yourself to the possibility of magic happening in your life.

I believe in miracles. Given the vast number of people in the world, it's amazing that anyone finds a soulmate at all! Each time a man and a woman meet and connect, each time they place a ring on one another's finger to express their heartfelt commitment, I think a miracle has occurred. It's the miracle of LOVE.

Women are often criticized for being romantics. We're unrealistic, men tell us. We expect too much, or we think men should be knights on white chargers, or we expect it to be Valentine's Day every day. Men can't be like that. They're just ordinary human beings, imperfect as us.

Romance is certainly guilty of excesses, but it serves one crucial function in our lives: it gives us hope and the belief that true love is not just something that MIGHT happen ... it's our destiny.

If you've gotten discouraged in your attempts to find love, then let romance sweep you up and make you into a believer. You won't find love if you don't believe it's out there. You won't find love if you believe it can't happen to you.

Switch your thinking around and discover the power of saying “yes” to possibility. Say “yes” to the thought that you might stumble upon your future husband tomorrow. Say “yes” to the thought that you’ll be married in two years. Say “yes” to the knowledge that your marriage will grow and become stronger.

Discouragement and feeling upset and frustrated at your lack of progress in the dating game is normal, but NOT helpful. Getting dejected and down about yourself will only get you further away from the life you want, not closer.

Learn to stop saying “no” to situations in your life. Don’t feel that you have to control everything or know what to do in every situation. Although it may be tempting to look for the easy solution in a book of rules on dating, following those rules won’t help you stumble upon the miracle love has promised you. All rules do is close you off, close you down, and blindly reject men or situations that could have led you to happiness.

As you learn how to open yourself to new situations, new people, and new ways of being, you start allowing everything to happen as it should. If it helps you (as it does me), you may want to believe that there is a Higher Power at work. If things don’t work out as you wish they did ... if that guy that you really liked didn’t like you back, or if your marriage that you thought would last forever is starting to crumble ... don’t get angry at the world. Instead, believe it is part of a larger plan. Accept the situation and ask yourself, “How can I make the best of this? What am I meant to be learning from this situation?”

With the power of courageous thinking, you can take any hardship and turn it into a disadvantage. Let’s say that you’re over forty, overweight, and have two young children. Will it be a challenge to find your perfect man? Only if you make it one.

So many women reject themselves before men even have a chance to do it. They say, “Oh, men won’t look at me,” or, “Why would a guy want to have anything to do with me? I’m nothing special.” As a result, they don’t flirt with men, they don’t amaze men with their vibrant spirits, they don’t even try. Worse yet, some women ignore or behave badly towards gorgeous men that they’re secretly attracted to, believing that since he’d reject them anyway, it doesn’t matter.

These behaviors shut down your heart and keep love from walking in.

If these ideas interest you, there’s a wonderful book on this subject called *Working on Yourself Doesn’t Work* by Ariel & Shya Kane. It discusses how living in the now and being fully present actually increases the chance that



wonderful things will happen to you. When you learn to stop criticizing yourself, worrying about what will happen, or judging your experiences as “good” or “bad,” you allow yourself to relax and accept life as it is. As a result, you end up noticing what’s truly going on around you. You feel happier and more alive.

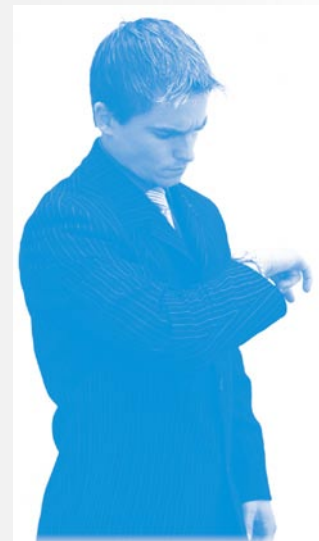
And, according to Marie Forleo of *Make Every Man Want You* (www.makeeverymanwantyou.com) mastering the ability to live in the Now will make you completely irresistible to men! There is just SOMETHING about a woman who is fully alive, fully enjoying herself, and fully in the moment that’s irresistibly attractive.

Think about it ... so many of us worry our way through interactions with men. We’re so focused on what we’re doing right and what we’re doing wrong that we get lost in our own heads. We stop paying attention to HIM because we’re so busy criticizing OURSELVES.

Yet if you let things happen as they happen and BELIEVE that everything will turn out as it was meant to, you stop putting pressure on yourself. You no longer have to be the most beautiful, most accomplished, and wittiest woman at the party. You can just be **YOUSELF**. And guess what? Being **YOU** is the thing that you’re best at! No one can be better at it than you.

Mastering these ideas will help you put into practice the concept behind Greg Behrendt’s book, *He’s Just Not That Into You*. Greg, former consultant to *Sex and the City*, tells us that when a man isn’t calling us, isn’t asking us out on a date, isn’t sleeping with us, or isn’t wanting to marry us, **HE’S JUST NOT THAT INTO US** and we should move on.

Greg’s book is a great antidote to the feeling that if we just tried harder, did better, were thinner, prettier, or better in bed, he’d fall in love with us. If you try to be someone you’re not for a man, in order to make him fall in love with you, then the person he’s falling in love with isn’t you – it’s the person you’re pretending to be.



You deserve a man who feels passionate about **YOU** and who loves you for the very same reasons you love yourself. If your charity work is an important part of who you are, then any man you partner with should appreciate that facet of your character. If you love your luscious curves and adorn your body with flowing dresses and scarves, then any man you date should love the way you celebrate your body.

Allowing yourself to just be **YOU** can be very difficult, however. Most of us have ideas about how we’re supposed to act on a date. We have ideas about how we should treat our partner. We have ideas about what a good woman is, what a good girlfriend is, and what a good wife is.

Often, all these ideas get mixed up in our heads and can actually make us do the opposite of what our intention was! Instead of being “the proper girlfriend,” we end up acting like an imitation of an idea. Our boyfriend, who fell in love with us for who we were, now feels confused; he thought he was committing to the girl he knew, but this new “girlfriend” is someone different. He’s not so sure he likes her.

I’ve heard men complain that on the first date, a woman was wonderful: witty, intelligent, and captivating. But by the second and third date, her personality changed. She became more critical, stand-offish, and less spontaneous. “I felt cheated,” one man said. “I really thought I was on to a winner. Maybe she was just trying to put on a good face for the first date, and the woman I saw on the later dates was the real one.”

It’s dangerous to change your personality for a man. You may not even realize you’re doing it. You may naturally get softer around a timid man, or become more exuberant around an expressive man. But over time, your natural personality will shine through. If he fell in love with the quiet you, for example, and three dates later you find yourself returning to your naturally loud, excitable self, he may stop calling and not explain why. It’s because you weren’t the woman he thought you were.

And guess what? **THAT’S NOT BAD!** In fact, it’s great! It means that you weren’t suited to one another, and it’s better that you found out now than later. Knowing that you and a man are not suited to one another is valuable information.



Often, we tend to feel embarrassed of dates or relationships that don’t work out. Some women are embarrassed to admit how many first dates they’ve been on that haven’t led to second dates. Other women are embarrassed to admit how short their relationships tend to be.

Yet other women, myself included, are happy to admit that they’ve experienced a variety of relationships and dating situations, all of which were different, all of which were fertile ground for practicing relationship skills and learning more about themselves.

NO EXPERIENCE IS WASTED. Even if you go out on one date with a man and he never calls again, you’ve learned something important: he’s not your type.

Don’t believe that you have to snare every attractive man that passes your way. The happiest women are not the ones who’ve attracted the **MOST** men; they’re

the ones who attracted just one man – THE RIGHT ONE.

When a relationship doesn't work out, don't take it to heart. Learn from it, feel happy that you know now that you weren't suited for one another, and embrace the experience.

You may think that this sounds simple in concept but impossible in practice. It IS hard. In fact, it's EXTREMELY hard. But if you are going to master the dating game, you have to change your notion of what it means to win.

Winning does not always mean "getting the guy." Sometimes, winning means becoming single again so that you can find the RIGHT guy.

Breakups are one of the hardest challenges we have to face as women. What makes them worse is the social stigma attached to a breakup. It can feel embarrassing to tell people that you are no longer together.

But it's OKAY to be rejected. It's OKAY to get dumped. It's OKAY to get divorced.

Being rejected, dumped, or divorced does not mean that you're a bad person. All it means is that you and the person you were with were not suitable for one another. No blame, no criticism. Just a simple mismatch.

You may feel that he made a horrible mistake in rejecting you, that you were meant to be together, and that life will be unbearable without him ... but guess what? There are NO MISTAKES in love. Try to have faith that everything is working out as it should. Try to believe that you are MEANT to be single at this moment so that you can be available for the man that was meant for you ... a man who would have ignored you if you'd already been in a relationship.

Being able to master positive thinking even when in the depths of a difficult situation will not just help you with relationships. It is a skill that will help you with life.



EXERCISE – Acceptance

Think about your last relationship and answer the following questions.

1. What was your reaction when you broke up?
2. What was his reaction when you broke up?
3. How did you explain the reason for your breakup to your friends?
4. Do you think that was the real reason?
5. What did you learn from the experience?
6. Answer question 5 again, but this time, if you didn't already, frame it in terms of what you have learned about yourself personally. In other words, you don't want to say something like, "I learned what jerks men are and not to trust them," but rather something like, "I learned that I have difficulty expressing my anger in a constructive way towards my partner."
7. When you think about your ex now, what emotions come to mind?

Breaking up properly is hard to do, and many of us have lingering emotions and ill feelings remaining from past breakups. Even when we've moved on with our lives, we may find that we've never completely forgiven our ex or accepted that the breakup was actually for the best. One crucial goal for all of us is to come to terms with and accept what happened in previous relationships. Until you understand and accept the past, it will continue to haunt your future relationships.

HOW TO BE IRRESISTIBLE TO MEN 6-Part Mini-Course

Part 6 – Become a New “YOU”

© 000Relationships.com

In the past five days, you have learned about the stages of seduction, the difference between attraction and love, the barriers to practicing love, how your beliefs can kill attraction, and techniques for opening yourself up to change in your life. It's a lot of information to absorb and understand over such a short period. You may have questions, which is perfectly natural. My “How to Be Irresistible to Men” course will go into all of these topics in greater depth.

Today, we're going to focus on how we can put all of those ideas together by creating a “New You.” This New You will feel so comfortable around men that she doesn't hesitate to flirt, smile, or make small talk. She'll be happy if she meets a man and happy if she doesn't. The New You is focused on one goal: being the best person she can be. This involves reaching out in love, feeling warmly towards everyone she meets, and letting herself open full-heartedly towards those she cares about.

Simply envisioning the kind of person you want to be puts you one step closer to becoming that person. If you have no idea about what kind of life you want and what kind of change you want to make in your life, you'll never be able to get there.

You've learned some very important ideas that you can already implement. At every opportunity, smile. Don't doubt yourself. Silence self-defeating thoughts. Give your hopes more mental space than your worries. Be positive about others. Don't make excuses for yourself. Believe that TODAY (and every day) is full of potential.

To sum up everything you've learned, I'd like to give you a list of ten principles that are crucial to attracting and developing a deep and enduring love.

1. Love Your Body

You are beautiful. You ARE. You are most radiant when you're happy and at peace with yourself. Let your own inner beauty glow by pampering your body, caring for it, and appreciating it.

2. Love Others.

The more you express admiration, respect, and appreciation towards other people, the more other people will enjoy your company and seek you out. When you are well-liked, you attract more favorable attention. Men will notice you and, because they've seen how warm-hearted you are, they'll feel comfortable approaching you and starting a conversation. "Bitchy" behavior will only serve to dismay the nice guys and turn off everyone except the most inveterate players.



3. Give Men a Helping Hand.

Men HATE rejection. Most men find that getting up the courage to approach a woman is nerve-racking. As a result, they'll often wait until they receive some signal of interest from the woman before making an effort.

So give them a helping hand! Show your interest by flirting, making eye contact, or smiling. Chat with any man who crosses your path. Being polite, friendly, and open to making new friends will make you enormously attractive and appealing to the RIGHT kind of guys ... the kind with genuine, warm and loving hearts.

4. No Excuses.

We all have reasons for why we're not seeing someone. Maybe you're too busy, or you don't have enough money to go out, or you don't have the right clothes to go clubbing, or you simply can't meet anyone, or there's no one around that you're interested in, or it's not the right time in your life.

You don't need excuses. Accept that you have chosen your life as it is right now. If it's not the life you want, you have the power to change. Empower yourself to believe in possibilities.

If you feel sorry for yourself, believing that you haven't been born with the same looks and advantages as other women, think of self-pity like ice cream. It may feel good, but it's not good for you.

If you're having difficulties feeling that you have the power to change, I suggest the wonderful book by Susan Jeffers that I've already mentioned, *Feel the Fear and Do It Anyway*.

5. Put Yourself First.

Remember why you are dating. The goal is not to “get a man”: it's to give and experience LOVE. If you want deeply to be with a man who does not value you, who does not treat you well, or who does not bring out the best in you as a person, then you might need to consider why you value him more than yourself.

YOU MATTER. How he makes you feel matters. Whether you feel loved matters. What you think of him matters.

Putting yourself first means that you never jump into a relationship with a man that isn't right for you JUST so that you can avoid feeling lonely.

Putting yourself first means that you invest at least as much time in developing yourself as you do in trying to find a man.

Putting yourself first means that you evaluate the men you meet on the basis of how they make you feel RATHER THAN how much of a “catch” they are.

Don't try so hard to get a man that you lose yourself in the process.

6. Let Life Happen.

When you're wondering what that phone call meant, or what it mean when he said X, or what it meant when he invited you to that his cousin's wedding ... stop. Let go of your need to know what everything meant.

Let life unfold as it was meant to. You may believe that you know what's best for you (and what's best for him), but in reality none of us know the greater plan that Life has in store for us. Having faith that everything is happening as it was meant to—even if we don't understand WHY—can help us accept and be at peace when a relationship breaks up, or when we don't get the guy we wanted.

One thing that I can promise you is that when you allow the universe to unfold as it should, you'll receive better things than you'd ever dreamed of for yourself.



For example, in the past, each time that one of my relationships ended, I was devastated and believed that I'd lost the best thing that had ever happened to me. It wasn't until recently that I looked back on my past relationships and realized that every new relationship was zillions better than the one before it. If I'd stuck with my first boyfriend forever, I would have missed out on the deeper love that I enjoyed with later partners.

Love just keeps getting better.

7. Live NOW.

Stop worrying about tomorrow. Would your relationship with him be any less enjoyable if you knew that it would eventually end? We must accept that 90% of our relationships WILL END. It's a fact of life. The only way that you'll avoid experiencing breakups is if you never date at all.



In order to successfully navigate the dating world, you must learn to take pleasure in the moment. All too often, I hear women say, "I wish I would have enjoyed being with him more while we were still together." If you can't enjoy the time you have with someone because you're too focused on whether or not he's going to propose, then you're ripping yourself off.

You can't love someone when they're gone, so make sure you focus on giving him the love you feel RIGHT NOW. Don't let an opportunity go by to show him how much you appreciate having him in your life. Today you're together, tomorrow no one knows, so learn to feel blessed with each day you have together.

8. Let Go.

When it's time for a relationship to end, or when a man that you like finally tells you that he's not interested, show your true inner beauty by letting him go with love.

All of us resist breakups with all of our hearts, because it hurts so much. When he tells us goodbye, our first thought is how to get him back. We've given him the best we have; how could he reject it? He simply must not realize how WONDERFUL we are ... maybe if we showed him, then he'd change his mind.

He won't. In the majority of cases, he's made his decision. When you let him go with grace, you'll be like the face of an angel. Chances are that he's never

experienced a breakup where the woman accepted his decision and let him go with her blessing. He'll think of you in a whole different light, and he'll respect and admire you forever after.

Sadly, many women leave a relationship kicking and screaming. They hurl abuse at their ex-partner. As a result, their ex wants nothing more than to get away as soon as possible.

Don't be one of those women. If he doesn't love you enough to hold onto you with his last breath, then he's not the man for you. If he breaks up with you, he's NOT the man for you. If you have problems understanding this concept, read Greg Behrendt's *He's Just Not That Into You*.

9. Smile.

So simple, isn't it? But meeting a stranger's eyes with a smile upon your lips is perhaps the single most important thing you can do to meet more men.

Everyone loves a smile. A smile shows the world that you're happy, friendly, and at peace with yourself. The most beautiful women in the world smile with their whole face. Who cares about laugh lines? Joy is irresistibly attractive.

10. See Opportunities Everywhere.

If you believe that your world is full of opportunities to meet great men, I can promise you that you'll meet fantastic men in the most random places. But if you have any doubts ... if you believe that the men in your town aren't good enough for whatever reason, or if you believe that you're not pretty enough to get a man ... you'll find it hard to meet men.

It may seem a little odd to believe that your mental state influences the opportunities you'll have, but on another level it makes perfect sense: you have to SEE an opportunity to be able to take advantage of it.

As long as you keep the possibility open that you'll run into a fantastic man tomorrow, you'll be on the lookout for great men walking past, waiting next to you in line, or eating lunch at your café. You'll be more likely to strike up a conversation with a stranger, knowing that there's a possibility that he could be your dream man.

If, on the other hand, you believe that you'll never meet someone who'll fall in love with you, you'll walk through town with your eyes closed to the possibilities

HOW TO BE IRRESISTIBLE TO MEN
6-PART MINI-COURSE

of the strangers all around you. You may strike up a conversation with someone at a coffee shop yet believe that he'd never be interested in you. When you send off these closed signals, men will get the hint that you're not open to a relationship—even if that's what you want more than anything else in the world!

So take care that the signals you're sending out are friendly, positive, and open to possibilities.

And that's the end of my 6-Part Mini-Course on **How to Be Irresistible to Men!** Did you like what you heard?

This is just the beginning. You've had a taste of the real deal, but I've saved my best information for my *complete course*. In **How to Be Irresistible to Men Premium**, I teach you more about how you can attract better and more loving men into your life. You'll learn why men need women so deeply (and how you can be the woman that no man can live without!). You'll learn how to make every relationship a fascinating, extraordinary, positive experience—you'll be the woman who lingers in every man's dreams if you master this material!

Plus, I'll teach you the biggest mistakes women make with love and how to avoid committing them yourself. You'll understand the relationship life cycle and WHY conflict isn't actually a bad thing. You'll never fear "falling out of love" again! Better yet, you'll learn how to make your relationships WORK this time around.

You'll learn to deal with breakups, understand men, know if he's right, and gain unstoppable confidence. It's everything you wanted to know at your fingertips. And you can only get it by signing up as a member of 000Relationships.com, your source for getting the relationship you always wanted.

Sign up today at:

<http://www.000relationships.com/tomen/>

To Your Dating Success!

