Secrets To Attracting MEN

6 PART GUIDE

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Part 1: Want to know how dating and attraction REALLY work?

Do you ever feel, deep down, like you're 'lagging behind' where you THOUGHT you'd be by now in terms of men and relationships?

Do you try to 'be yourself' with men, only to have them eventually lose interest?

Do you feel sometimes as though your only real option is to follow 'rules' with men … or to play hard to get … even though you wish this wasn't the case?

Do you know how to 'attract men', but not attract the RIGHT MAN for you?

Or maybe you've attracted the right man in the past, but you didn't recognize him as 'the right man' for YOU, and so you let him go …

… and you're now wondering if you'll ever have a chance with him again (or indeed, if you'll ever find another 'Mr Right' for you?)

That's a lot of questions, I know. But in my experience, most – if not ALL – women have experienced AT LEAST one of these heart-wrenching situations first hand (and usually, more like two or three.)

It's not surprising that so many of us feel 'screwed up' about men and love. Lots of women feel as though we can no longer trust our own gut instincts. We've been so scrambled up over time, from 'mixed messages', men who 'don't know what they want', and GREAT relationships that inexplicably turned SOUR over time …

… that most of us would love nothing more than a little common sense, a little advice, and a few practical tips that can help us all to transform our love-lives, get us in touch with the radiant, beautiful, IRRESISTIBLE woman who lives inside us all, and allow us to take the pressure OFF ourselves and just enjoy where we are and who we are, RIGHT NOW.

(By the way … have you ever noticed that, when you're LOOKING for love, it very rarely actually shows up …

… but, when you get busy and focus on YOU and YOUR OWN LIFE, and really get enthused about yourself and just about FORGET about 'looking for love'…

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… someone out there will notice how happy you are, and want a piece of that for themselves? Ironic, isn't it?)

The next few days are all about shucking off the limiting beliefs that are 'crippling you' in dating and relationships, and about getting in touch with what REALLY WORKS in terms of life, love, and pure simple attraction.

A large part of this course is going to be focused on enlightenment. This isn't about playing games or manipulating people.

I've found that, when you rely on RULES and GAMES to get interest or get a man, what ends up happening is this: YOU'RE flat-out exhausted (from trying to sustain that charade) … you've got a relationship that's good on the SURFACE (but that's based on a lie) …

… and sooner or later, it all goes up in smoke.

And then it's back to Square One.

You deserve a lot better than this.

And frankly, the fact that you want improve your situation proves that you're too SMART to rely on games (read: LIES) to 'get a man'.

Instead, how about this: you instinctively KNOW how to act in ANY SITUATION around men … you never have to consult a 'rulebook' or memorized guidelines … you're always able to be authentically YOU … your relationship keeps getting better and better …

… and you NEVER have to experience that awful phenomenon known as 'he just lost interest somehow' EVER AGAIN.

My guess is that you'd be pretty interested in getting those results for yourself.

So here's the deal. Over the next couple days, we're going to peel the shutters back and shed some light on the simple but DEADLY mistakes that most women make when they're trying to attract men …

… so that you're always in control of what happens to you … and you're always empowered to make the best decisions for yourself when it comes to men and relationships.

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(HINT: most of these mistakes are COMMON … and most women think they're actually being ATTRACTIVE when they're making them!)

We're also going to talk about what you can do to proactively attract more and better men - the things you can do to attract the men of YOUR CHOICE.

(TIP: that means, no more 'accidentally attracting' guys you're not really that interested in.)

We're ALSO going to be spending some time focusing on the male brain itself:

Things like …

- how to take a man 'off his pedestal'
- what makes a man into his mysteriously masculine self
- the differences between men and women (and what this means for you!)
- the principles of "catching" men, and
- the principles of KEEPING those men right where you want them.

It's all about attracting men that YOU find attractive, and then KEEPING the best one for yourself – in a relationship of intimacy and happiness that just keeps on getting better.

Not a hint of stress, anxiety, or 'settling' for a less-than relationship in sight.

First, though, let me ask you a quick question …

Have you ever thought to yourself, 'Sure, I'm a pretty confident woman' … and you find it easy to flirt with what some women call 'frogs' (i.e. the men you're OK with 'practicing on', but who you're not actually INTERESTED IN) …

… but the moment that someone you genuinely find ATTRACTIVE shows up, all that nerve and all that courage just go right out the window … and you find yourself getting tongue-tied and nervous, or acting strange and stilted?

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This is what women do when they feel 'less than' on some level. They end up putting guys on a pedestal, and unknowingly SABOTAGING their own success.

After all, it's pretty difficult to create quality, loving, intimate relationships if the whole time you're feeling as though he's somehow 'socially superior' to you – almost as if he OUTRANKS you.

This is what I'm talking about when I say, "Take the men off the pedestal." Get it into your head that they're nothing to be afraid of!

The best way to do that, I find, is to give yourself the right to be a little irreverent of what other people (especially men) both THINK and WANT.

That's not to say that you should turn into one of those bitter, jaded-type women who think that 'they always come first' or that 'I'm owed a relationship' or 'who cares what anyone else thinks' … but let's be honest here.

There are MANY women out there who feel, deep down, as though 'a relationship' is what they REALLY NEED in order to be fulfilled and happy as a woman …

… not realizing that it's EXACTLY this attitude that's getting in the way of creating healthy, happy relationships with top-quality men.

They end up putting way TOO MUCH emphasis on what guys want and need, and it ends up REPELLING the best ones.

They end up forgetting about who THEY are and what THEY want … and focus entirely on 'the relationship' and 'what he wants' …

… in the process, leaving things like their OWN lives, their OWN interests, and their OWN friends and family completely off the radar.

This is unhealthy, and will effectively cripple any relationship you attempt to have with a man.

There is a better way, and I'm privileged to show you how.

(The next couple days will go far towards providing you with the knowledge of 'how men work', and what YOU NEED, in order to create - and maintain - GREAT relationships.)

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Oh, and one other thing …

It's ALSO time to contradict some of the damage that's been caused by all the RUBBISH that's currently in circulation about attracting men.

I bet you know what I'm talking about here …

… all those "dating gurus," information portals, online e-books, and downloadable interviews that talk about RULES for attracting men.

For example …

- Don't make eye contact.
- Never have sex on the first date.
- Don't be too funny or witty around him until you figure out what he wants.
- Overweight has no place in the dating game.
- Go with the flow and let him set the tone.

This is absurd!

Not only is it MASSIVELY limiting, but these kinds of beliefs are DEFINITELY not conducive to the sort of healthy, fun dating attitudes that will support your lifestyle as a smart, sexy, irresistible woman - and that will attract a GREAT man into your life.

(SIDE NOTE: Playing by 'the rules' does, in fact, attract some men. BUT: it attracts a certain TYPE of man who is generally NOT the kind of man you actually WANT to attract. Side effects of using 'the rules' to get a man include low-grade relationship quality, feelings of insecurity and emptiness, and constant feelings of dissatisfaction.)

And now …

Let's get down to the real meat. It's time to take a look at what you'll be learning over the next week.

Over the first three days of your course, we're going to be looking in-depth at three of the most important principles of successful dating and relationships. And in the final days of your course, we'll look at how to APPLY those principles to your dates,

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and to your relationships.

These principles are …

PRINCIPLE #1.

"Men and women are different."

PRINCIPLE #2.

"Men are attracted to women because they're women."

PRINCIPLE #3.

"You're not OWED a relationship – you EARN one."

The 'issue' with these 3 principles is that, at first, they SOUND pretty self-evident.

Most women respond by thinking, 'Yeah, but I already KNOW all of that. Tell me something I DON'T know!'

… and they fail to realize that there's a big gap between KNOWING SOMETHING, and actually APPLYING IT.

For example: I bet we all know someone who's known for talking about how they're going to do something … going on a diet, working out, quitting smoking, or what have you.

But after a couple of weeks have gone by, most of those 'good resolutions' have gone right out the window .. and that person has gone back to their 'old' lifestyle.

They KNOW what they 'should' be doing to get the result they want … but they're just not actually DOING IT.

(A perfect example of this is a New Years' Resolution. How many of THOSE get stuck to long-term?)

This course will teach you, first, what you need to know - and also HOW to apply that knowledge to your own life.

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So let's look at these three principles in just a little more detail. This will give you a better understanding of how important they are, and an expectation of what the next three days will contain.

Afterwards, we'll take a brief look at what we'll be learning in the remaining three days of your 6-part mini-course.

PRINCIPLE #1 (DAY 2:)

"Men and Women are Different"

Now, I know that this doesn't necessarily sound like a revolutionary idea …

… but just hold on a moment.

It's easy to consciously think to ourselves, "Men are different from us."

But it's ALSO pretty easy to let that belief just 'float' up there in our conscious minds, without actually allowing it to affect the way we BEHAVE around men.

How often have you, in the past, addressed a question or a comment to a man, and been frustrated, irritated, or hurt by his response?

It's usually because we were EXPECTING him to respond in a certain way … usually, in the way that WE would have responded if we had been him.

When we talk to men, most of us end up UNCONSCIOUSLY projecting our own personalities and our own gender onto them. We want them to respond to us in the way that WE would respond, were we in their shoes.

So when we get a response that varies from what we'd expected, we get annoyed.

Or hurt.

Or confused.

And then we feel resentful, and it shows, and things start getting bumpy.

But WHY is that?

Because we've forgotten that MEN are NOT WOMEN!

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We know it consciously … but 'consciously' is not enough to affect our actual BEHAVIOR and FEELINGS.

It is not helpful to project feminine characteristics onto a man, even unwittingly … and yet, LOTS of women talk to the men in their lives as though that man is, actually, a WOMAN like themselves.

(By the way … this can happen at ANY point during a relationship. Some women do it 'later on', and some women even do it on the first date.)

We talk to him as if he's a girlfriend or a sister.

And when he doesn't RESPOND like a girlfriend or a sister would, we get ANNOYED, and start thinking about the 'If Onlys' …

"If only he'd just be a little bit more ___."

"If only he'd stop saying ___."

"If only he'd stop doing ___."

(And let's not even go INTO what HE'S thinking at this point.)

Now let's take a quick look at another aspect of this behavior …

Many women are OK with the fact that a man's behavior will be mysterious to them AT FIRST.

They expect mysteries and questions AT FIRST. (Such as, him not responding in the way that they'd expected.)

But they expect to be able to 'figure him out' EVENTUALLY, after 'getting to know him better'… and when, of course, they CAN'T figure him out no matter how much water goes under the bridge …

… yep, you got it. They get upset. They start to worry, and feel like something's 'wrong' … and end up CREATING a problem out of thin air.

('Why don't you tell me how you feel? Why didn't you tell me that?' … etc.)

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Know what?

No matter HOW WELL you get to know a man, aspects of his behavior will FOREVER remain a mystery to you.

And you know what else?

THAT'S OKAY.

You don't need to understand men fully in order to attract them, OR to KEEP them.

It's quite all right for you to be mystified by masculine behavior sometimes – in fact, it's NORMAL and HEALTHY. You are NEVER going to know a man 'inside and out' …

… and in fact, he is always going to be much, much more than what you think of him.

It's helpful to keep this in mind, as taking our own knowledge of our dates and partners for granted is a great way to tarnish a great relationship.

More on this tomorrow.

For now, let's take a look at Day 3 of your course, which is where we deal with Principle #2 …

Principle #2 (Day 3)
"Men are Attracted to Women Because We're Women"

Yes, yes, I know this one sounds pretty self-evident too. But bear with me here – it gets better.

Let me ask you this:

Have you ever experienced the phenomenon of The Amazing Sex-Changing Friend?

I have. (In fact, before I wised-up, I was actually guilty of this a few times myself.)

First: this is not an ACTUAL, PHYSICAL sex change we're talking about here.

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It's a lot more insidious than that.

Here's what usually happens: lots of women, when they find a guy they really like, begin to undergo a perplexing metamorphosis.

They begin to 'scuff off' their own personalities, hobbies, interests, and pastimes …

… and replace them with the personality, hobbies, interests, and pastimes of their lover.

They are becoming a VERSION of the man they're dating.

Here's how it goes …

They start 'taking an interest' in the things that HE'S interested in (even if, really, they could care less) … and they start giving a LOT more priority to him than they do their OWN friends, and their OWN lives.

Now, let's talk turkey for a moment. I'm not suggesting that you arbitrarily begin to NOT see him, or that you should 'make yourself scarce' or make a point of seeing your friends more than him to 'keep him in his place'. (Read: game-playing.)

But the fact is, is that DROPPING your own life and your own LIFESTYLE in order to adopt somebody else's …

… (and, usually, this gets done out a misplaced attempt to make him like you more, which makes it EVEN MORE damaging and needy-seeming) …

… is simply not the way to go if you want to create loving, healthy, fulfilling relationships that go the distance.

(Ditto for retaining your self-respect - and your friends.)

When this starts to happen, here's what HE thinks: 'Hey – where'd she go?'

The woman that he was actually attracted to has vanished into thin air, to be replaced with a strange version of himself.

A version of HIM, who incidentally happens to have breasts and a vagina …

… but who ALSO has, all of a sudden, near-identical tastes, interests, preferences,

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reactions, and sense of humor.

This behavior – the 'I-Like-You-So-I'll-Become-You' trait - is COMMON.

Furthermore: it's a leading cause of premature death in attraction and relationships!

Why?

Because it REEKS of insecurity. The kind of women that 'quality men' tend to like is easy to get on with, sure – but above all, she has SELF-RESPECT, and she loves herself.

Suppressing your 'real' self in order to take up HIS 'self' is just not the kind of thing that a woman with backbone (a.k.a. a DESIRABLE WOMAN) would do. Most guys (the ones worth having, anyway) can SENSE that when some spine is lacking …

… and it turns them OFF.

Couple this with the fact that they miss the woman they STARTED dating (hint: that's you – the REAL you!) … the one who's been replaced by a scary 'he-clone' with boobs … and you've got a recipe for instant mediocrity.

And no, it doesn't matter how pretty you are or how hot things get in the bedroom, either. This isn't something that can be 'rationalized' away with 'logic' or 'reason' …

… and no, him telling you he's 'so into you', despite this type of behavior, doesn't count as a reason to carry on with it, either.

Why?

Because men don't usually want a woman who needs to be validated or reassured.

They want a woman who ALREADY KNOWS what the deal is … and who values HERSELF, without needing approval from HIM.

This kind of validation-seeking behavior …

… when you're pretty sure that something's up … but instead of listening to yourself, you start asking, 'Is everything OK?' 'Are you mad at me?' 'You seem distant, what's going on?' …

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…is rooted in insecurity and fear (that he won't like you as you are), and it's an attraction-killer.

(Furthermore – sooner or later, you're going to miss your OWN self-respect. Take it from me.)

Fact: guys are not attracted to you because you resemble them.

They don't want to date another 'guy'. And they ESPECIALLY don't want to date a guy who's just like THEY are!

Men want to date women – women with backbones, who already 'get' how to act appropriately in relationships.

And women are, by definition, completely DIFFERENT to men.

By the way … if you should happen to be genuinely interested in the things a man is interested in, this is NOT to say that you should pretend otherwise.

(Hopefully, that's obvious.)

BUT … you should never feel the need to FAKE an interest in something, or FAKE a personality that's just NOT YOU, in order to create or perpetuate an attraction.

Don't be guilty, apologize for, or attempt to conceal your womanliness and your own personality.

Women are mysterious creatures to men. And a lot of the time, that unexplained 'essence of femininity' is what men find so appealing.

As a rule … don't pretend to be interested in shooting ranges, soccer pitches, or car racing if you're not. (Of course, a little friendly 'polite-interest' in his passions never goes astray … but definitely there's no need to break out the 'Footballer's-Wife' act if it's not your cup of tea.)

And don't feel bad for doing the things that YOU love, that he does not.

(SIDE NOTE: did you know that taking pride in what YOU LOVE - even if it's a little 'dorky' or you feel unsure of saying so - is actually one of the hallmarks of a genuine, quality woman?)

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So in other words, no pretending 'non-interest' in traditionally 'girly' things that you actually ARE interested.

It's all about being authentically you. When you are how you are – and you let yourself BE how you are without self-editing or twisting yourself into awkward shapes to impress anybody – there are several immediate benefits:

- You ooze self-respect and high self-value. (READ: Instant, MASSIVE turn-on to quality, smart men.)

- You prevent yourself getting tied up in relationships with men who are NOT into the kind of woman that you really are.

- You lay out the welcome mat for men who are actually COMPATIBLE with you.

Pssst - femininity (no matter what shape or form it comes in) is sexy. And by the way …you are a woman, therefore your own style is, by default, 'feminine'.

That's enough on Day 3's topic.

Now let's take a look at what we'll be covering in Day 4 (Principle #3.)

Principle #3 (Day 4)

"You're not OWED a relationship – you EARN one"

Part of having a fantastic relationship is being WORTHY of having one (a.k.a. being a top-quality human being.)

The only problem here is that, for many women, a relationship is something that (deep down) they feel ENTITLED to, as opposed to something that they actually DESERVE.

The result?

When they finally DO get a relationship, it becomes poisoned by feelings of 'I'll give you this if you give me that', which stems DIRECTLY from a feeling that an 'emotional debt' has finally been paid to them.

Here's the deal …

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Relationships are not about 'emotional transactions'. Instead, they are fabulous opportunities for you to learn about yourself, learn about others, and actually CONNECT with someone.

Unfortunately, most of us are far too interested in protecting ourselves, and checking off boxes on a list of 'relationship qualities' that we THINK we want, to be able to see (and enjoy) what's right there in front of us.

We just get all tangled up with having our 'ideals' met … and it gets right in the way of having a REAL RELATIONSHIP.

Here's a secret: what a lot of women think of as "rejection" is often a LEARNING EXPERIENCE.

Let me explain.

Did you know that your attitude actually CREATES your reality?

It's true. This all boils down to quantum physics, and the Law of Attraction which states that 'whatever you appreciate, appreciates.'

In other words, whatever you're thankful for and happy about, you will get more of.

It stands to reason, then, that when you are 'down' about something, and you expect failure (or rejection), that's actually what you GET.

Does this mean that if you force yourself to believe that every man in the world is attracted to you, then that's what you'll get?

No, unfortunately, it's not quite that literal.

What it DOES mean is that, if you can believe – really BELIEVE – within yourself that a fantastic relationship is your birthright, and that it WILL come your way sooner or later, then you WILL manifest that reality in your life.

Of course, you may still have to experience some rejection first.

But funnily enough, that belief – the belief that every rejection is taking you a step closer to your TRUE love, and the relationship that you deserve – tends to take the 'sting' out of rejection.

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And when you're able to relax into the moment and accept your reality, as it is right now, without struggling against it or wishing that it was other than it is … THAT'S when things start to fall into place.

On a more practical level, consider the value of someone who is whiny, acts powerless, and complains a lot, to somebody who is peaceful, calm, accepting, and optimistic.

People who complain, and who put out negative energy, are frankly quite repellent.

People who are HAPPY, on the other hand, are sexy. You just want to be around them.

It's hard to be happy when you don't believe that the 'right person' is out there somewhere for you.

But it's not difficult to just chill out and RELAX, and let things happen naturally without trying to FORCE intimacy, when you're sure that one day – maybe tomorrow, maybe next year – you are going to meet the guy who'll just be WOWED by you (and who you will feel the same about.)

What you appreciate, appreciates.

So it makes sense to create USEFUL beliefs – beliefs that SUPPORT your attractiveness and irresistibility, doesn't it?

Here's something that's even better: when you learn not to think of dating and relationships as either being rejected or being accepted (i.e., as winning and losing), you'll be able to grow as a person every time you experience a setback.

Oh, and incidentally …

People who think of knock-backs in dating and relationships as 'failures' are actually setting themselves up to fail, BIG-TIME, in the long run.

They're thinking in terms of WINNING versus LOSING.

And so, when they 'lose', in their own minds they actually BECOME a 'loser'.

From that point on, every single thing that happens becomes another opportunity to 'fail'. As a result, the outcome of every situation becomes SO IMPORTANT …

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… and so SCARY …

… that it's literally paralyzing. You become too frightened to attempt ANYTHING.

The best way out is to take a step back, and remember that, whatever happens, IT'S NOT A BIG DEAL.

It's really not. There IS someone out there for you … all you have to do to find them is just keep on being your best self, and being as happy and fulfilled as possible in your OWN LIFE … and he will show up.

So if THIS particular situation doesn't work out – it's NOT A BIG DEAL.

When you're not too attached to the outcome of a particular situation, you are IMMEDIATELY free to act appropriately to it. You are no longer paralyzed by a fear of 'failing'.

(Paradoxically, it's usually the people who care LESS about 'what happens' who are the ones who actually get the best results. And it's the ones who OBSESS about what happens, and who get all worked up about it, that DON'T get what they want.)

This is not about winning or losing. It's not about 'failing'. It's about learning and DEVELOPING as a woman.

Every encounter you have with a man can teach you something about how to better yourself for the next encounter. That's how you learn: from your mistakes.

(I know – inconvenient.)

One last heads-up before I sign off for the day … for Days 5 and 6 we'll be talking about how to apply those principles to real-world dating situations, including how to attract a man - and how to keep your relationship HOT.

I'll write again tomorrow!

With love,



Mirabelle Summers
MeetYourSweet.com

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Part 2: How the Male Mind Works

Let's take a look at the 'male mind', and how a working knowledge of it can help YOU get in touch with your true, irresistible self.

Today I'm going to be typing at you about how men really feel about women and dating, women and relationships … and whether all those male/female stereotypes are actually true.

First of all: let's deal with STEREOTYPES, and how they can actually HARM your relationships with men.

There are a lot of women walking around out there today who have, on some level, bought into the idea that 'Men are so-and-so'.

Let me give you a few examples.

'Men are crap.'

'Men rule the world.'

'Men just want sex.'

'All the good men are taken.'

These are all STEREOTYPES, and when you buy into them, you BLIND yourself to the near-infinite number of rich, satisfying possibilities that actually exist out there, RIGHT NOW, for you to enjoy.

Not only because your beliefs, to a large extent, form self-fulfilling prophecies in your own life …

… but ALSO because men can often SENSE when a woman is harboring a bitter and frustrated stereotype about men, and to a quality guy, that's pretty repulsive.

Let's deal with this one thing at a time.

If you've bought into the idea that, say, 'men just want sex', it's not hard for you to CREATE that prophecy for real in your own life.

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Example: I was watching the movie 'Closer' recently. In it, there's a scene near the beginning where Julia Roberts' character has just kissed Jude Law's character. During the make-out session, she asks him if he's living with his girlfriend. He says that she is.

Julia Roberts then says to Jude Law, 'Men are crap.'

He smirks at her and says, 'All the same, though.'

She says, 'They're still crap.'

For those of you who haven't seen the movie: RUN, don't walk, to the store, rent it, and watch it tonight. I'm not kidding.

For those of you who have seen it: you'll know exactly which scene I'm talking about.

Now, it's true that Jude Law's character may be 'crap' (being a cheater, who just made out with Julia, despite already having a live-in girlfriend.)

BUT, Julia Roberts' character KNEW that he had a girlfriend when she kissed him.

And yet, she still went ahead and kissed him.

Why?

Because she ALREADY BELIEVES that 'men are crap.'

She believes, on some level, that there are NO OTHER OPTIONS out there for her (i.e. men who AREN'T crap) … so she may as well make out with Jude Law's character.

This belief 'frees her', in some way, to make out with him, even though she KNOWS he's taken. And of course, acting on that belief just proves to her, again, that it's true. ('Another man I've gotten involved with who is, like all of them, CRAP.')

She's creating a SELF-FULFILLING PROPHECY, that all men (in her life) are 'crap', by believing that stereotype, acting accordingly, and then buying into it when things turn out unhappily, as she'd expected …

… instead of using some self-awareness and REALIZING that it's her own belief, in

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part, that leads her to become involved with those 'crap' men.

So reason one: buying into stereotypes can influence you, UNKNOWINGLY, to cause those ugly beliefs to actually manifest themselves in your life. (You are creating your own reality.)

Reason number two: women who believe bitter stereotypes about men have a certain air about them. Their actions and reactions are tainted with that particular belief, and it's not hard to pick up on.

Men, of course, are not drawn to this quality.

Think about it this way: imagine if you were spending time with a man, and you came to realize that he believed that women were 'only good for sex.'

Or that 'men are smarter than women.'

It wouldn't be too hard to figure out that's how he felt. Those beliefs would flavor most of his actions towards you … everything from how he spoke to you to how he looked at you to how he introduced you to his friends would SCREAM 'contempt'.

And I'd bet money right here and now that you wouldn't be interested in getting to know this guy any better, once you knew where he was coming from. You'd hightail it out of there!

The problem with basing your beliefs on STEREOTYPES is that …

- They poison your ability to actually SEE what's happening around you, and to act appropriately

- They're a form of self-fulfilling prophecy, actually drawing people and situations to you which uphold your (wrong and limiting) beliefs

- They repel quality men and relationships from you

If you want to create fantastic, enchanting, magical relationships, you've got to get interested in what's REALLY going on.

And that means, you've got to get skeptical of yourself. Start looking inside your own head at what your motivations are. What do you REALLY think about men? Could it be affecting the way you act around them?

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Of course, yesterday, I said that you don't need to understand men fully in order to attract them.

And now I'm saying you need to 'deepen your understanding' of what's REALLY going on.

Let me explain the difference.

Embracing masculine mystique, and burying your head in the sand, are two completely different things!

You are probably never going to COMPLETELY understand men … but if you can at least understand why men are the way they are in certain situations, your path to true love is going to be a lot smoother than it otherwise would be.

'Not understanding men 100%' and 'bowing out by accepting stereotypes' are NOT the same thing.

Being realistic about your limitations and being ignorant are not the same things at all!

Here's the truth: figuring out the real, honest mechanics of masculine behavior (including its origins) is one of the best things you can do to set yourself up for success in the dating game, and to avoid heartache.

And that begs the question … ARE men really all that different to us?

And if so, HOW?

This used to be a topic of some pretty hot debate. At one time (and not that long ago), it was extremely fashionable and 'correct' to believe that men and women were 'equal' in all things …

… that our only differences lay in our physical topography.

Now, though, that theory's been blown right out of the water. Now we know that the male brain is actually EXTREMELY different from the female brain.

And as a result, EVERYTHING about 'how men operate' – their values, their communication, their basic skills – are different, too.

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Men's brains contain approximately 6.5 times the amount of gray matter …

… the stuff needed for logic, maths, and the processing of FACTS …

… than women.

On the other hand, women's brains have about 10 times as much WHITE matter …

… needed for language skills, communication, and emotional fluency …

… as men do.

To give you an idea of WHY this is (and hence, why we are the way we are … and THEY are the way they are), let's take a quick look at some background. I'm not an anthropologist, but I'll just give you the basics.

Some researchers believe it's because human evolution has naturally created two different types of brains, which are both equally intelligent – just in different areas.

In prehistoric times, for example, men were the hunters. As a result of this, they developed hunting brains: brains that are good at assessing physical situations, calculating speeds and angles, tracking and mapping the surrounding environment.

See how this ties in with the modern man's prepossession with video games, sports games, golf, and any pastime that requires spatial and logical ability?

Women, on the other hand, were believed by many to be the gatherers and nurturers: they spent their time raising children (communication, language skills) and gathering berries and plants (good peripheral vision, plus fine-motor skills.)

So, we developed nurturing brains: brains with bigger communication centers, with bigger emotional memory centers, and a greater ability to understand and reference body language and cues in other people.

Our behavior, as men and women, is dictated by our brains. And when you consider that each gender's brain is structured so incredibly differently, does it really come as a surprise that our behaviors are so divergent?

Of course, obviously this all varies on a case by case basis. Not all men are skilled at logic and math, just as not all women are skilled at emotional fluency and

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communication. But as a GENERAL RULE, those are the things that each gender TENDS TO be 'wired' to do from birth.

So … does this mean that it's 'right' to embrace stereotypes?

Nope. This should just give you a better idea of what the real story is as far as the male and female brain is concerned.

That information can come in pretty handy when it comes to making appropriate choices where men and relationships are concerned.

Let me give you a few examples of what I mean – following are 9 tips for creating EASY and EFFECTIVE communications with men (guaranteed to smooth the path of true love.)

1. Don't be wishy-washy.

Have you ever noticed that, in conversations, there is usually a tone-setter and a reactor?

The tone-setter is the one who sets the tone and the mood. They create reactions in the other person through their use of language, conversational topic, and physical cues. They may be making jokes, but not laughing at them; they may be telling stories, but refraining from responding to them.

The other person is the reactor. They're the one who reacts more – they're usually laughing more than the other person and responding appropriately to the conversation of the first person.

In a lot of male/female interactions, the male is the one who sets the tone, and the woman is the one who reacts to that leadership.

This behavior is usually based in INSECURITY, and as a result, turns a lot of guys OFF.

Think about it.

For a lot of women, it 'feels' more 'natural' to not 'rock the boat' and not risk disapproval by actually having an opinion and stating it … but I've got to say that most 'quality men' are USED to women like this, and they're BORED by them.

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(And furthermore – c'mon now! Neediness just doesn't cut it. ACTING non-needy is the first step towards BEING non-needy.)

Men often want more of a CHALLENGE.

That's not to say that rudeness, brusqueness, or abruptness is desirable … but it is DEFINITELY desirable when you're able to have your own mind and speak it, too.

2. Don't expect men to 'get it' by themselves all the time.

Many women tend to be 'bush-beaters' – they get coy, indirect, and drop hints about stuff.

Then, they get resentful and crabby when those hints don't get taken or acted upon.

Here's an idea for lasting happiness on BOTH sides: say what you mean, and mean what you say.

Ever been around one of those couples where the girl's always SAYING that something's OK, but you can tell –deep down – that it's not?

I used to have friends who did that, and it always made for a very uncomfortable atmosphere when I'd hang out with them and their boyfriends.

They'd be too nervous to say what they REALLY felt, so instead, would SAY that something was fine … when, clearly, it wasn't.

And then, when their boyfriend went ahead and did it, they'd get grumpy and take out their mood on him by pouting, playing up for attention, and sulking.

This is totally demeaning and NOT attractive.

How about this? How about getting interested in actually being STRAIGHT-UP about what you think, as and when you form that opinion?

If you can master the art of easygoing directness, you instantly skyrocket your value in ANY social setting. Speaking your mind (tactfully) is something that not a lot of people feel capable of doing … and as a result, you INSTANTLY seem classy, in-control, and 'real'. (Read: HOT.)

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3. Know when to let him chill out.

Did you know that, as women, our brains LITERALLY never disengage?

Studies in neurobiology have shown that women's brains never disengage.

The corpus callosum (that connects the 2 sides of our brain) is different to men's, and the result is that the left and right sides of the brain are constantly interacting, communicating, parsing meaning from the world.

Even when we're asleep, we're still 'working' with our brains!

Guys do not do this. Their brains can 'turn off'.

This may be why men like to 'unwind' by disengaging the brain and just thinking about nothing for awhile.

Here's how this can apply to your life.

Have you ever noticed that, when women come home from a hard day at work, they want to talk about all the stuff that happened to them that day?

Generally, discussing the day helps us to relax, put things in perspective, and get into 'recreation-time' mode.

Men, on the other hand, often prefer a more 'meditative' approach: lots of guys like to come home and think (and, more importantly, TALK) about NOTHING MUCH for awhile.

If you want to INSTANTLY IMPROVE relations with the guy in your life, try giving him at least – at LEAST! - half an hour of silent, unbothered 'fire-gazing time' without interruption.

Not to call too heavily on history to explain current events, but …

In pre-historic times, men did chilled out and 'got perspective' literally by gazing into the fire. They would sit there in silence, enjoying the flickering light and the red glow from the embers, and would remain there until they felt ready to re-enter the hive of the community.
In modern times, men do this by reading the newspaper, watching the news on TV,

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browsing online, or just pottering around for awhile.

Instead, we recognize that they're fire-gazing and allow them to continue until they feel ready to rejoin the conversation of their own accord.

Most guys would appreciate it more than they can say if you would just allow them that half-hour or so of quiet time when they come home at the end of the day before asking questions, requesting help with the dinner, or talking to them about your day.

This is something that a lot of women struggle with, because it seems so unnatural to us. So here's a suggestion: don't knock it 'til you've tried it. Give him a kiss when he walks in the door, and then go do your own thing until HE comes to YOU.

4. Pick your 'we need to talk' times well.

It JUST MAKES SENSE that, if you have something you want to talk about, that you choose a GOOD TIME to do it in.

Regardless, lots of women are driven by their EMOTIONS when choosing a 'talking time' … and end up picking a bad time that virtually GUARANTEES frustration for both parties.

For example, a lot of women bring up 'issues' when they're in the car (with him driving.) This is often because there's a fair amount of 'quiet time' for the passenger when travelling together (he's concentrating; you're gazing out the window and mulling things over.)

This is when women often have 'a-ha!' moments – moments when they just feel COMPELLED to bring something up.

Unfortunately, this need often coincides with the very moment that he's trying to navigate an eight-lane 'Spaghetti Junction' of an intersection, and as a result, the opener's greeted with annoyance and/or silence.

Other classic times that well-meaning women tend to bring up 'issues':

- When the news is on
- When he's reading

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- When he's just got home
- On a tearful 2 a.m. phone call
- In bed

If you've got something important to discuss, choose your time well. Wait til you're both feeling relaxed and in a good mood. Wait til he's not busy doing something else. And THEN bring it up.

A quick note: try your hardest to NEVER talk about 'difficult' (or potentially-difficult) subjects in bed. The bed that you share should be a 'safe place' where only sex, sleeping, and other fun stuff happens. If you want to keep 'bedtime' as 'cozy time', steer away from the 'difficult' conversations when in it.

Oh … and don't use phrases like 'we need to talk'.

5. Understanding wins over condemnation every time.

Obviously, there are going to be times when a guy's behavior leaves you feeling baffled and confused. But here's what I recommend: don't fly off the bat. Until you KNOW BETTER, try giving him the benefit of the doubt.

There are a whole BUNCH of reasons as to why this is the better alternative!

First of all: when your guy feels like you trust and believe in him, he feels energized and motivated to do the right thing by you. Your belief in him makes him want JUSTIFY that belief.

On the other hand, beat him down with enough doubt and leaping-to-the-wrong-conclusion activity, and he's going to end up feeling mistrusted, childish, and resentful.

You can guess what the result of this is.

Secondly: sometimes, a guy will actually deliberately TEST YOU to see how you'll react. This is often to see how much 'control' he's got over you, and/or how upset you'll get about something he's done. (The subtext, of course, is to see how much you care about him.)

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If you get out-of-control upset about something he's done, he's going to know EXACTLY where he's got you. (Hint: that's not a good thing.) He now knows exactly what he has to do to get a reaction out of you. (Did you know that some guys misbehave around their girlfriends just because her reaction makes him feel more cared-for?)

Thirdly: it's about respect. Your respect for yourself, and HIS respect for YOU. Think about it this way: if you're interested in top-quality relationships, you've actually got to be WORTHY of having one.

This is isn't something you can 'fake' your way into: the kind of guy that you're interested in is, most likely, also interested in quality women.

So, getting overly upset is going to make you seem childish, immature, and out of control. In other words: UNATTRACTIVE, and NOT the kind of woman that quality men tend to go for.

Quality attracts quality: if you want great relationships, you've got to BE GREAT. And in this case, that means remaining CALM, and steering away from condemnation.

This isn't about 'buttoning your lip' or trying to sugarcoat the situation – if you've got a problem, by all means be open about it.

However, before committing yourself to being emotionally offended, my suggestion is that you make the effort to understand WHY he's behaving in a certain way.

Here's an idea: try asking him to explain why he's acting that way. Give him the chance to explain himself. You might be pleasantly surprised – and at the least, you'll have given him the chance to correct his behavior without automatically resorting to emotional upset and hurt feelings.

6. Don't laugh with your friends about how illogical and dumb guys are.

This is a MAJOR attraction killer. It's just plain bad form to poke fun at guys for being different to women – and it also feeds that tendency to rely on stereotypes to 'explain the sexes' and build a sense of 'superiority'. Needless to say, this will do nothing but create a sense of emotional and psychological segregation, and will do nothing to build up your attraction.

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As I've already said, men and women are inherently different. Don't expect men to act like we do. And when they DO act differently, give them the benefit of the doubt … and don't make fun.

Just talk to him about your expectations, and he'll let you know whether he can meet those expectations or not.

7. Be flexible.

There are a lot of times when men and women just flat-out disagree. Our gender differences are responsible for a lot of these rifts of opinion, and sometimes the disagreements can get ugly.

What I'm suggesting here is that men – just like women – want to be understood and appreciated.

Sometimes, men will not live up to your expectations or ideals. I've found that, often, women have these interior sets of ideals that they hope the man in their life will live up to.

Sometimes he will be found lacking. It's practically inevitable.

But perhaps, instead of feeling short-changed and upset, you might like to experiment with being just a little more flexible with those ideals of yours.

It might be appropriate for you to share your hopes and ideals with your man. And if you don't feel that you can articulate them to him, maybe you should ask yourself why that is.

Is it because you know, deep down, that those ideals are unrealistic?

Try just loosening up your values a little bit. You'll probably be much happier – and, when you're happy, the man in your life will be happy, too.

8. Don't always be available!

This isn't about playing hard to get … it's about keeping your priorities straight and having the self-respect and the PASSION for your own life that's all part of being a desirable woman.

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Here's what often happens in the 'first flush' …

Plenty of women start off by playing "hard to get" when they're in the initial stages of dating a man. Even if they don't have a whole heck of a lot going on in their lives other than the potential new boyfriend, they make a point of ACTING as though they do.

They screen their calls, they wait a day or two before returning his calls, they go out on girls' nights to which he is not invited, and they talk enthusiastically about all the other great things they have going on in their lives.

Then, once things get even a teensy bit committed, the boundaries come down and the reality is unleashed … and she ends up being a lot more available than the guy had actually bargained for.

This great, independent woman that he thought he was dating has suddenly vanished … and now all that's left is a dependent, needy girl who wants to spend an awful lot of time with him.

(NOTE: This is a major reason why I do not advocate the playing of 'games' when it comes to men and dating. It might attract a man in the first place … but over time, it's simply not sustainable. And when the curtains come down, that's when he'll see you've been using TRICKS to 'get him', and he'll be OUT of there.)

So … you don't have to become completely unavailable. However, it pays not to underestimate the simple power of taking a couple nights a week to do 'you' stuff. This'll prevent things feeling 'flat' and stale, it'll energize and revitalize both of you, and it'll give you some much-needed 'me-time'.

9. Talk about yourself sometimes – don't always wait to be asked questions.

Many of my female friends moan that their dates are constantly talking about themselves.

However: I know for a FACT that a great deal of women assume the role of The Questioner without even meaning to.

To a lot of women, it's a sign of affection and caring to ask the other person lots of

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questions about themselves, and to get them to open up in this way.

Men, on the other hand, do not do this. They don't tend to barter questions back and forth. If they're asked a question, they'll view it as a sign that you want to hear more about THEM.

In this way, the conversation can rapidly become one-sided.

In your own interactions with men, you'll get a lot more airtime if you just come on out and talk about yourself, without waiting to be asked. This shows you're gutsy, confident, and that above all, you value yourself: you're not waiting for his approval or validation.

(And in addition, it'll prevent you from getting frustrated. Nobody likes to be in a conversation where it's all one-sided, so take control by yourself!)

Tomorrow, we're going to be looking at why men are attracted to women – some of the juiciest secrets for making a man want you (hint: it's NOT about looks!)

With love,



Mirabelle Summers
MeetYourSweet.com

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Part 3: The MOST IMPORTANT Secret to Making a Man Want You

This section's subject is 'the secrets of ATTRACTION' … what you have to know before you can successfully and effortlessly attract a quality man into your life.

NOTE: This has much less than you think to do with your LOOKS than it does with who you REALLY are.

Yes, your looks DO matter – but most women mistakenly believe that looks are 'everything'. As a result, they spend endless time building a wardrobe, putting on makeup, and going to the gym … and then they're confused when their relationships never change up a gear.

Something else you may find relevant: there are plenty of men out there who DO value 'looks' as literally THE THING that would make them want to commit to a woman. (Men have actually replied to commitment-related survey questions that I've sent out with this answer.)

So if you want to rely on looks alone, that's OK … you will get men.

HOWEVER! The men that you DO get will tend to be the ones who want a 'trophy girlfriend', and as such, they will be more interested in 'sex' than they are interested in 'you'. (And you can just bet that they'll trade in an older, 'dingier' model for something younger as soon as they feel it appropriate to do so.)

Bottom line: once again, it all boils down to QUALITY. If you want a quality man (and relationship), you've got to BE QUALITY YOURSELF. Which means, 'multi-faceted' is IN, and 'Barbie doll' is OUT.

Moving right along …

So what will flat-out help you to attract the man (and life) of your dreams right onto your doorstep?

FIRST OF ALL … you've GOT to take a look at your ATTITUDE.

Quantum physics (the 'science of possibility') states that our attitudes and beliefs are what shape our reality. What's happening INSIDE us is what determines the situation OUTSIDE of us.

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So if you're giving too much air-time to that Inner Critic who lives inside your head … or if you're holding yourself back with artificial, limiting beliefs about men and love …

… i.e. 'I'm too old to be attractive', 'I'm just not pretty enough', 'No-one wants to date a single mom', and so on …

… then the Universe will 'hear' you, and – since the Universe always speaks your language – that is then the situation that you will create around you.

BUT, if you can develop an 'attitude of gratitude' and actually APPRECIATE what you've got, then very quickly you'll begin to experience a paradigm shift – not only inside your heart and mind, but also in your LIFE.

(That's the great thing about quantum physics – the responsibility is squarely in YOUR lap. Can anyone say … EMPOWERING?)

Your attitude about YOURSELF will also manifest in your life.

For example, if you're acting out insecurity or low self-image … for example, by doing things that, deep down, you're not comfortable doing in order to 'get' somebody's attention or affection …

… for example, getting 'physical' quickly in order to 'get closer' to someone, or agreeing to an exclusive relationship EVEN WHEN you don't really want to, because you're unsure of what other options you might have …

… then you've got to be aware that those actions are rooted in FEAR and INSECURITY and will inevitably come back to bite you on the butt.

Here's the deal: if you have sex before you'd prefer because you want to 'get something' (a commitment, some attention, someone to wake up next to), then you are directly raising your chances of ending up with a man who is USING YOU for sex.

Why?

Because the Universe LISTENS to you and REFLECTS your behaviors right back to you.

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In this case, you would actually be using YOURSELF as a 'tool' to 'get' something out of someone else. The result is usually that the people that this manipulative behavior actually works on are the very same people who are comfortable doing what you do – i.e. USING YOU.

Part of being a quality woman, and ending up with the kind of quality man that you REALLY want and deserve, is developing a little self-awareness, actually paying some attention to what's motivating you and what your REAL INTENTIONS are, and bringing them into line with who you are.

No falseness, manipulation, or 'faking it' is required (or permitted) here. BEING quality will GET YOU quality – there's just no short-changing yourself in this department.

Here are a few solid tips to help you make sure that you're not inadvertently sliding into false, 'needy', or accidentally-manipulative behavior:

- Don't be on call for him.
- Don't drop all your plans for him.
- Don't sit at home waiting for his text messages or phone-call.
- Don't ditch your friends for him.
- Don't be the one he calls ONLY when he wants something.
- Don't accept a 'date' after 10 pm (because by this stage, it's not a date, it's a booty-call.)
- Don't be fooled by the belief that he will change for you.
- Don't get led on by that little string of hope he keeps dangling in front of you.

If you want people in your life to respect you and genuinely care for you, then you've got to set the tone. Men (and everyone else) will only think as well of you as YOU think of yourself, so stop second-guessing yourself and become your own biggest fan. To get respect, you've gotta have it for yourself.

By the way … alll these things are PART of being genuinely attractive to a man, but they're not THE MOST fundamental thing.

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I want you to think deeper than what everyone else is telling you. Think deeper than "conventional wisdom."

What is the single most FUNDAMENTAL thing that a man wants in a sexual partner?

Think about it.

What's the one thing he HAS to have?

I can tell you straight off that it isn't personality. There are plenty of lovely, funny, and smart SINGLE women out there.

I can also tell you that it isn't looks. Beautiful women get dumped every day.

Confidence is closer, but I still know shy timid girls who are deemed desirable.

So what is it?

Get ready for the answer, because it's gonna blow your mind…

THE MOST IMPORTANT SECRET TO MAKING MEN WANT YOU IS …

…that she's a WOMAN.

That's IT.

Men are attracted to WOMEN, plain and simple.

A WOMAN is someone who's completely different from him in every way.

A WOMAN is someone who has intuition, is in touch with her emotions, and can nurture and support others through life's ups and downs.

A WOMAN is someone that a man can trust to teach him how to feel, how to love, and how to live life in its most fullest capacity.

See, you don't have to be a man's "best friend" to attract him.

(And in fact, forming a 'friendship' with a man, in the hopes of getting 'more than' down the track, is a plain bad idea and it rarely works. If a guy is attracted to you,

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he'll let you know about it. And if he's NOT attracted to you, then no amount of chumming around and being 'friends' is going to CREATE attraction.)

Men cultivate masculine relationships – a.k.a. FRIENDSHIPS - to satisfy COMPLETELY DIFFERENT needs than the ones that they cultivate FEMALE relationships for.

A man will go to other men to talk tough, one-up each other, fix stuff (or, depending on what kind of guy he is, break stuff), tinker around, and generally wallow in MALENESS.

(That's M-A-L-E-NESS, by the way … the kind of 'masculinity' he DOESN'T want you around to witness.)

He'll go to a WOMAN when he wants to talk about his hopes and dreams. He'll go to a WOMAN when he wants to feel loved or nurtured. He will go to a WOMAN when he wants to feel supported.

He'll go to a WOMAN when he wants the SOFT TOUCH.

A man wants a woman because she's a WOMAN … not because she's his "best friend."

Not because she's "one of the guys," able to match him shot for shot, or head a soccer ball better than he can … and not because she resembles him in his interests, passions, and abilities.

Unfortunately, a lot of women mistake 'closeness' for ATTRACTION, and try to strike up a relationship by EMULATING a man … in the hopes that 'alike' will create DESIRE.

Here's how it usually goes for most women:

After attracting a man, they get to know him a little better, and come to a set of conclusions (based on a semi-knowledge of his personality) of what sort of woman he would most like to hang out with.

As a result, they start to make all these little 'alterations' to their personality. She'll suddenly start liking HIS music. She'll drink beer instead of white wine. She'll carve her 20-minute morning 'wash-and-get-pretty' routine down to 5 minutes because she's 'embarrassed' about taking care of herself. And she'll start spending more time hanging out in sports bars, because that's where he likes to hang out.

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Why?

Because she thinks (wrongly, as it turns out) that he will like her more and WANT HER more if she more closely resembles HIM, and the (male) friends he likes to hang out with.

WRONG!!

And before you know it, her original personality (which incidentally, is what attracted him in the first place) is GONE. Replaced by a bizarre replica of the new man in her life.

Has this ever happened to you?

Have you ever been in that situation where a guy goes to you when he wants to get drunk and be naughty… but NOT the girl he wants to talk to about love or his dreams?

This sort of thing happens when a man doesn't see you as a WOMAN.

In your efforts to become "one of the boys," and get closer to him by EMULATING him …

… as opposed to having your OWN self, your OWN opinions, and your own LIFE …

… you actually BECOME 'one of the boys' to him.

That's exactly how he now sees you … as a 'mate', not as a contender to be The Woman in his life.

Since the feminism boom, women have been taught that we can do 'anything.'

We can match the boys in any old area we want to … the subtext being, 'and they'll just have to suck it up.'

Here's the problem … if you're trying to 'compete' with men, or prove that 'women are equal to men', that's going to come across as not only egomaniacal, but also OFF-PUTTINGLY COMPETITIVE.

You can compete with a man, OR you can attract him. You can't do both.

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Now, that's not to say that women are somehow 'less than' than men are, or that we need to take pains to reign in our brilliance in case we 'put off the men'.

But it IS to say that when you're basing your beliefs and actions in a need to 'prove something' (read: COMPETE), then you can bet that men will SENSE that about you, and be turned off.

It's true.

And what many women just go TOO FAR in the whole 'we're just as good as men' concept without even realizing it. They end up portraying themselves as 'ball-busters' or 'hard women', and of course, they then find it extremely difficult to ALSO be attractive.

Why?

Does that mean that 'success' is 'unattractive' in a woman?

Well, no. Not unless the kind of guy you're setting your cap for is ALSO the kind of guy who has deep-seated 'security issues' about his masculinity.

What it DOES mean is that if you're succeeding at something NOT out of a genuine desire to SUCCEED, but instead are operating out of a desire to 'win' over MEN, then THAT is what's unattractive … because it's UNFEMININE. It's competitive, it's not sexy, and it's just not attractive.

So if you want to compete with a guy, fine … but don't expect to have him eating out of the palm of your hand as soon as business hours are over.

In the process of trying to make themselves more 'liberated' and gain all of the freedoms that men have, many women have, in the eyes of the guys, essentially BECOME MEN.

They've embraced their masculine 'competitiveness' over their femininity, in the belief that this is what's required to get what you want in life.

They've managed to squash the very feminine essence that makes them attractive to men!

QUICK NOTE: When you start comparing yourself with the opposite sex, you are

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setting yourself up for trouble!

And by the way …

There's no threshold that you cross over that qualifies you as the 'feminine' kind of woman that men are attracted to.

Discovering and unleashing your femininity is a PROCESS. You're going to continue learning more about what it means to be a woman until the day you die.

But to speed things up a bit, I'm going to give you three mind-blowing principles right now that have the power to COMPLETELY TRANSFORM your life.

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MIRABELLE'S CRASH COURSE IN ATTRACTION

TIP #1: Avoid getting too set in your ways.

If you want to be the kind of WOMAN that a MAN desires, then it's time to shake things up a bit.

The main issue that most women have in this area is, they get too set in what they're LOOKING for. They know the exact kind of man they want, and they're not even going to waste any time DATING anyone who doesn't match the picture they've got in their heads of Mr Right.

This is a great way to cheat yourself out of a LOT of dates, and a LOT of great relationships.

Challenge yourself. Don't get too comfortable. Loosen up your ideals a bit and try dating people 'just to see what happens', instead of dating to 'find someone'.

There are still things you are being called to learn and grow from. If you believe you have reached the pinnacle of your success, you have nothing left to achieve.

The minute your life seems to be just the way you like it, STIR THINGS UP. Do something that scares you just a little bit.

Here's another common situation: the situation where you spend all your time striving to get things 'just so', and you're not going to be 'happy' UNTIL you get things 'just so'.

For example, 'I'm going to be happy when I've got a great relationship.'

Or, 'I'll really be able to relax when I get that payrise.'

Try this on for size: the point of your life is NOT to have things just the way you want them.

The minute everything gets just the way you want it, something's going to happen and blow your house of cards to bits.

It's important for your lifestyle, for your hope of a great relationship, and for your

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own irresistibility, that you keep your life in a state of FLUX. Don't get too focused on one thing: the only thing that tunnel vision's good for is IGNORING everything else that's out there.

If you're afraid of change… or afraid of loss… or afraid of losing a bit of control… then it's time to face those fears and see them for what they really are.

It's not a pretty word, and it's a difficult one to get your head around …

… It's called INSECURITY.

Insecurity often manifests itself in an extreme desire to CONTROL things.

The mindset of working to "get" things (and thus, control) becomes entrenched. You work hard to get money, which equals financial security. You work out at the gym to "get" the body you desire, so your self-esteem is cemented and so you feel that you can attract a suitable man.

It's easy to get into the mindset of "acquiring" things to improve your life.

And most of the time, there's nothing wrong with that. Working hard to get what you want is a handy mindset to have, when you're talking about a career or a possession.

But a man is not an acquisition. A man is something that will turn up in your life when you're able to RELAX and just chill out – not when you're hell-bent on controlling your environment, and DEFINITELY not when you're busy excluding all sorts of guys from your life because they 'don't match up'.

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TIP #2: Set clear boundaries with men.

Ever heard the phrase 'doormat'?

It's something that many MANY women turn themselves into in a vain struggle to become 'more attractive' to men.

Women who are 'doormats' are the ones who give when they don't actually WANT to give.

They do things for others (guys) because they want to be more desired, more appreciated, and to create more of a bond. (Hint: this is actually MANIPULATIVE, although most women don't realize it at the time.)

Unfortunately, men can actually TELL when your actions are rooted in insecurity or fear … in this case, a fear that you won't be 'enough' UNLESS you act a certain way or give a certain thing.

And, far from being attractive, it's actually a MASSIVE turn-off … and usually results in poor treatment, LESS of a bond than before, and significantly decreased respect. (Feelings of confusion and frustration on both sides are also common.)

Fortunately, the antidote is simple: SET CLEAR BOUNDARIES. Learn the art of being straight-up with people (and men, in particular), and recognize that trying to 'get people' to like you by acting a certain way is MANIPULATIVE and UNATTRACTIVE … and will directly contradict all other efforts to be truly high-quality and desirable.

A good skill to learn is the art of saying 'no' WITHOUT feeling or creating any awkwardness.

For example, if your date calls you up at 7pm for an 8.30 pm date, and you would feel inconvenienced by dropping everything to meet him (as you SHOULD feel, by the way) …

- A 'doormat' would FEEL the inconvenience and the resentment, but go ahead and meet him anyway, thus poisoning the evening for both people by failing to act on her own feelings. Her date then gets the message that she's the kind of woman who's afraid of honesty and directness, and figures that she'll end up being a liability further down the track.

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- A quality woman would say, 'Actually, I've got an early start tomorrow, but I'm free later this week. Why don't we meet up then at a more convenient time?' … and is thus able to stay true to herself, be honest with her guy, AND enjoy a date at a time that suits HER. The message her date gets: 'My life and my priorities are important to me, but you matter too, so let's figure out something that suits BOTH of us.' … and his respect (and desire) for her GROWS.

Once you figure out how to set boundaries, and you actually internalize the fact that the word 'No' is going to INCREASE the quality of your life (and your self-respect, your desirability, your energy levels …), you're going to start seeing a big turn-around in the quality and quantity of your dates, and things will start to happen very quickly.

TIP #3: Come to terms with your past and your future.

This is another aspect of your life where the word 'RESPONSIBILITY' plays a HUGE role in your day-to-day life, AND your attraction.

'Baggage' is something that just about everybody has. However, SOME women allow the weight of their baggage to actively shape the life that they're living today, and this translates into nothing but aggravation and DECREASED quality in the here-and-now.

Your past is part of who you are and what you have grown into, and while we are shaped by the events of our past, we are by no means DEFINED by them … that is, unless we choose to.

For example, many women feel 'emotionally crippled' by previous relationships with men, and have reached the point where they feel 'unable' or unwilling to 'try again' with a new man.

The problem with this is that, once again, your BELIEFS are creating a NEGATIVE REALITY for you. You are effectively 'imprisoning yourself' in the past by forbidding yourself the ability to move on, to forgive what's happened, and to embrace the possibilities of right now.

Let me tell you a little story …

>>>>

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There were two Buddhist monks sitting quietly together under a tree. After many years of imprisonment and torture, they had finally been released from their cells and were free to go.

One monk turned to another. 'Have you forgiven your imprisoners?' he said.

The other monk looked appalled. 'Of course not!' he said. 'How on earth could I ever forgive them for all the things they did to me?'

The other monk regarded him calmly. 'Then I suppose you're still imprisoned,' he said.

>>>>

The parable of the monks is similar to your own, if you're still lugging around baggage from the past. If you are permitting pain from the past to shape the reality of your life as it is right now, then you're in a prison of your own making. You're CHOOSING to accept the fact that the past will forever have a hold on you, and that you would rather LIVE in the past than move on and live in the NOW.

The key is FORGIVENESS (otherwise known as 'moving on'.)

To forgive means that you make a conscious decision to STOP giving mental energy to whatever's happened in the past. It's not about absolving someone else of responsibility – for example, if you feel that someone has wronged you, know that this is not about saying, 'That's OK that you did this to me.'

Instead, it's about freeing yourself from the emotional burden of looking at life from a past perspective, and admitting to yourself that you are ready to move on WITHOUT bringing forward baggage or burdens from 'before'.

Only when you are able to relinquish the past and accept that it's over will you be able to live fully in the present moment … and only then will you be able to recognize and make the most of the opportunities that present themselves to you each day.

Until you can forgive (read: accept, and move on), you will still be stuck in the prison of the past.

Equally, while you're on the subject of the past, it's not going to hurt to turn your

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mental gaze the other direction: to the FUTURE.

If you have no clue where your life is heading, then I suggest that you spend some time figuring it out.

Some women have GREAT ideas for their lives … but they change their minds every few months (or weeks or days).

The result? They never accomplish anything. They lack the initiative to set a plan of action to help them achieve.

Think about it … if you're an arrow heading for a target, then suddenly change direction to hit another target, you're going to run out of steam and drop to the ground before you manage to hit ANYTHING.

Set a goal for yourself, and STICK to it. Start sticking to your word. Don't lay awake at night worrying if you made the right decision or whether you'd like something better. ANY decision is better than no decision at all!

If the magnitude of the goal frightens you, then set smaller goals that move you along in incremental steps until you know enough to determine whether that direction is right for you.

By the way … smaller goals are a good idea because you're more likely to achieve them. The rush of achievement from fulfilling a goal is a high like no other … and gradually, as your confidence grows, you can start to set larger, more challenging goals.

But take it one step at a time! Don't rush the process!

For example, it may not be helpful to think to yourself, 'My goal is to get engaged and married within the next six months' if right now you are single and not dating anyone.

But having a SMALLER goal – one that you know that you can meet and fulfil, with some effort – will act as a motivating force in your life, and will empower you once you've completed it. For example, 'meeting and dating three men in the next eight weeks' is much more of a sustainable goal.

Once you come to terms with this fact, and are able to externalize this truth in your day to day life, your relationships are going to be a lot happier and healthier!

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SIDE NOTE: You may like to check this out:

https://www.meetyoursweet.com/selfconfidence/women/index.php

… You'll learn how to assert yourself in a way that SUPPORTS your irresistibility, how to never doubt yourself again, how to say goodbye to a low self-image and low self-esteem, and how to NEVER be a 'doormat' again. It's quality.

With love,



Mirabelle Summers

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Part 4: Is Dating REALLY Meant to Be Fun?

Most of us are looking at dating as thought it's a 'means to an end'.

YOU know what I mean: it's how we 'arrive' at our 'destination' of a loving relationship, a loving boyfriend, and, later on, a husband and babies.

In fact, most of us have something that's known as an 'entitlement complex' … that is, we feel (on some level) that we're OWED commitment from a great guy.

This damaging complex is what creates that feeling of 'hurry, hurry, not much time left!' that so many of us experience on a daily basis when it comes to men, dating, and love. Not to put too fine a point on it, but this is why dating becomes such an issue for so many women.

It's no longer viewed as something FUN … i.e. meeting some new people, flirting up a storm, and just kicking back and seeing what turns up.

It becomes more of a RACE AGAINST TIME … where phrases like, 'My clock is ticking', 'I don't have time for games', and 'I need to know what his intentions are RIGHT NOW' start coming into play.

No no no!

This is DISASTROUS to your desirability and overall attractiveness … not to mention, your ability to simply RELAX and ENJOY yourself.

Here's an idea for you: when it comes to 'finding love', and attracting a TOP QUALITY relationship into your life, 'chilling out' and just relaxing are MANDATORY.

This is not something you have a choice in. If you want to 'get to where you want to get to', know this: you WILL NOT get there unless you relaaaaaaax.

And that means, not stressing because he 'hasn't shown up yet' in your life.

It ALSO means, not getting fidgety and angst-y because you don't know 'where this is going'.

And it ALSO means just allowing yourself to go with the flow and not trying to

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FORCE anything to happen.

Oh, and one last thing … yes, it also means ditching the 'entitlement complex' and realizing that a relationship is not something that you are OWED.

It's something that you ATTRACT to yourself, by way of EARNING IT through having a top-quality outlook on yourself, dating, and life.

Reading between the lines here, what that means for you is that … yes, he IS out there. But, he will show up in your life when you get your attitude sorted and when you ENFORCE an attitude of acceptance, patience, and an ability to CHILL OUT and have some fun.

Bearing that in mind, let's get some other home truths about dating – and how to SUCCEED at it – out of the way.

YOU ARE NOT 'OWED' A RELATIONSHIP. YOU 'EARN' ONE THROUGH LOSING YOUR ATTACHMENT TO THE OUTCOME.

I am convinced that the #1 reason women are scared of dating is because they see everything in terms of "success" or "rejection."

If the ultimate goal is a (great) relationship, then everything that contributes towards that end-goal can be considered a 'success'.

And everything that (seems to) get in the way of that goal becoming your reality is then considered a 'failure'.

By that very same logic, everything becomes very PERSONAL. Since YOU are the one 'committing' all these failures or successes, your own status – as either a 'failure' or a 'success' – will dip and dive, depending on whichever the most recent outcome was.

For example, if you just had a kick-ass flirting session with someone you find attractive, you'll be walking on air and feeling like 'a success' … that is, until the next interaction goes awry and you didn't get what you were aiming for …

… in which case, you will then feel like a 'failure'.

This is known in Eastern-philosophical circles as being 'attached to the outcome'. In

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Western society, the word 'obsessive' will likely do just as well.

And here's how it DIRECTLY AFFECTS your abilities to date, have fun, and find love.

When you get too attached to the outcome, and start attaching 'meaning' and 'labels' to how a situation turns out, you are actually LESSENING the likelihood of you getting what you want.

It's really quite paradoxical. Let's take a closer look.

When you get all wrapped up in the IMPORTANCE of how something turns out … ESPECIALLY when your own self-image, pride, or esteem is at stake (which it absolutely is, once labels like 'success' and 'failure' start being bandied around), that's when your actions start to become affected by FEAR.

You become AFRAID of 'what might happen' if you attempt to do something … and it doesn't work out. Because, of course, if you 'fail', then YOU become, by proxy, 'a failure'.

That's when you start getting all nervous, tongue-tied, jittery, and generally freaked out … and you end up ACTIVELY COMPROMISING your own success.

On the other hand, if you're able to just kick back and relax, and NOT care 'too much' about how something pans out … and take the view that, whatever happens, it's NOT THAT BIG OF A DEAL … you are then able to just be 'real' in any situation.

You're not compromising your own abilities. You're not getting nervous or jittery. And you're not going to trip yourself up by adrenalinizing yourself into an early faux-pas. You're going to just be NORMAL and CHILLED OUT …

… which is exactly when your true irresistibility is able to shine forth and WOW whoever you're talking to.

(As an unexpected bonus, if things don't go as you'd expected, you're not likely to waste more energy beating yourself up over it – incidentally, thus compromising your 'nerve' for future interactions – because it's NOT THAT BIG OF A DEAL.)

Hmmmm!

Interesting.

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How do you suppose YOU could apply this paradoxical little phenomenon to your own life … and your own outlook?

I'll give you a hint.

STOP FEELING LIKE YOU'RE 'OWED' A RELATIONSHIP.

Stop feeling as though you have to 'hurry up and get there'. Know what? There IS no 'there'. 'There' is actually HERE … because 'right now' is all you'll ever have.

Being present and in the moment are concepts that were originally pioneered a LONG time ago (i.e., I didn't invent them) … but they are incredibly helpful when you find yourself getting tied up, angst-ridden, and stress-y about 'when things are going to start happening'.

(And by the way … if you want to know more about this, you should check out my book, 'The Get-a-Guy Guide', which goes into this stuff IN DEPTH. Nowhere else in the MeetYourSweet library will you find that material – or in any of my other programs.

Check it out here:

https://www.meetyoursweet.com/attractmen

And by the way … getting your head around this concept is something that is going to turn you into a Man Magnet QUICK-SMART – and it's also UNBELIEVABLY empowering.

Why?

Because it puts the focus on ENJOYMENT and LEARNING, rather than 'outward signifiers' of success (like a boyfriend or a ring.)

By making that one simple shift – changing your focus from 'getting a guy' to 'learning about love'– you'll set yourself apart from the 99% of other women out there who are 'competing' for the attention and affection of the opposite sex.

And incidentally, it also boosts your individuality by approximately infinity, because you're no longer crippled by nerves or anxiety or that overwhelming desire to act a 'certain way'.

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So give up the old metaphor of "getting" a man and try some new ones on for size.

Try thinking about 'relationships' like this:

People either feel CONNECTED to one another … or they don't.

The possibility of connection depends on their mood, the environment, the timing, and a multitude of other factors … of which YOU are only a small part.

So when a man 'rejects' you, it's not like he's seen the 'real you' and decided that you're 'not worthy.'

It's just that, for whatever reason, a connection has not been created.

So it's not about YOU. It's not even about HIM. It's about whether or not a CONNECTION – something external and something over which YOU have VERY LITTLE IMMEDIATE CONTROL – has been created or not.

Have a think about it … and remember to drop me a line with any questions, comments, or feedback (good or bad.)

You can reach me personally at: news@meetyoursweet.com

… and keep your eyes peeled for the next lesson, because I'm going to explain how to APPLY today's principles to the following two issues:

- How to ATTRACT a quality man, and
- How to SUSTAIN that attraction

With love,



Mirabelle Summers
MeetYourSweet.com

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Part 5: The Facts about Flirting and Fascinating Men

Let's do a quick refresher of the last 3 sections before we continue on with new material.

The three Dating Principles you've learned so far are …

DATING PRINCIPLE #1: Men and women are different.

DATING PRINCIPLE #2: Men are attracted to women because they're WOMEN.

DATING PRINCIPLE #3: You are not OWED a relationship; you EARN a relationship.

… Of course, it's one thing to THEORIZE … it's quite another to actually APPLY that theory to your life.

So bearing that in mind, let's figure out how to actually APPLY the Dating Principles to YOUR LIFE and YOUR SUCCESS.

DATING PRINCIPLE #1 APPLIED: Men and women are different.

A lot of women think of men as being like inarticulate, less-emotional, more sex-driven versions of themselves.

They hold men up to the same standards that they use on other WOMEN … and of course, from such a biased perspective, the men are often found LACKING.

Simple fact: when you expect a man to behave or think like a WOMAN, he's ALWAYS going to come up lacking.

And is this a fair, or productive, or attraction-supporting methodology to use?

NO. Of course not. All that's going to end up happening is that a false sense of superiority on the one hand is going to be cultivated …

… and on the other hand, a false belief of INFERIORITY is going to be cultivated …

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… and both parties are going to wind up feeling resentful, frustrated, and confused.

Holding men up to 'female standards' and expectations is like following a manual for an UNEXCEPTIONAL and SECOND-RATE relationship.

It's just one more way of polluting the potential that an otherwise-genuine and otherwise PROMISING relationship could have … and it's just one more way of reverting back to the 'safety' of toxic stereotypes and generalizations.

Let me give you a few examples the conclusions that women often draw from male/female comparison:

- Men are inarticulate
- Men can't multitask
- Men are poor communicators
- Men are no good with emotions
- Men don't want commitment and only want sex

Now just imagine for a second how buying into these sorts of comparison-based beliefs could literally HOBBLE you when it comes to forming satisfying, fulfilling relationships with the opposite sex!

A QUICK WORD ABOUT COMPARISON

Playing the comparison game is just about the SUREST way possible for anyone to instantly lower the quality of whatever it is they're comparing.

Here's a secret: things can ONLY be THE WAY THEY ARE. Try to make them into something they're not, and you're just going to wind up with less satisfaction than ever, and a sense that you 'just can't win'.

Same goes for men (and people in general!) … if you start COMPARING a guy to someone else (like a woman), all you're going to be doing is buying into the idea that he is somehow 'less than' and punishing him by using standards that are simply NOT RELEVANT to reality.

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The result? Both of you are going to end up rattling the bars with both hands, with a SERIOUS case of 'the grass is always greener over there' syndrome.

How are you meant to love and trust a guy when deep down, part of your brain is telling you, 'he doesn't really want to commit to you … he's in it for the sex … oh and by the way, he's also an inarticulate bad communicator who's no good with emotions.'

Let's face it. Looking at the characteristics that you find attractive in other women and yourself, would you really want those same characteristics echoed in the man you want to grow old with and have children with?

If you had a man there to gossip with, talk about how the neighbors relationship is going, discuss clothing sales, what looks good, and what each of you got up to on the weekend, would it add another dimension to your life or simply mimic that of your girlfriends?

And now, let me appeal to your common sense.

Are the characteristics you find attractive in yourself and your friends the same characteristics that you are drawn to in a man?

This is an important consideration to make. My take is that, actually, when you get right down to it, most of us DON'T ACTUALLY WANT a guy who is 'similar to us'. We LIKE him because he IS different.

(We just think – wrongly – otherwise, because most of us have bought into the idea on some level that 'good men are like women.')

The men we are drawn to don't have to be like us. And if you're trying to get a man to act in a certain way, so that he can fulfil a certain part of your personality or needs, that's a big red flag that you need to do one (or both) of these two things:

- Go out and get some friends who WILL respond in that particular way (and stop expecting HIM to do it for you.)

- Realize that if you're trying to change your man, you don't actually want HIM after all – you want something completely different (because you can't change a man, and if you're trying to, that's a sign that you might actually NOT be a good match.)

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Does this mean that you have no chance of ending up with someone who really 'gets you' and who is able to satisfy and fulfil you on a personal level?

Absolutely not. I am in no way suggesting that you lower your standards, put up with a relationship that's not working for you, or arbitrarily seek out men who are not well suited to your personality.

But if you've got a great guy on your hands, why sabotage a relationship with him just because you're 'expecting' him to behave in a certain way?

Why not take the blinkers off yourself and take a look at who he REALLY is, as opposed to who you WANT him to be … and see if you're capable of caring for him AS HIMSELF rather than just a prelude to your 'idealized man'?

If you are going to connect successfully with men, you need to accept the nuances and characteristics that make them MEN, and celebrate them rather than suppress them.

DATING PRINCIPLE #2 APPLIED: Men are attracted to women because they're WOMEN.

There are two 'minefields' in existence for most women when it comes to 'being a woman'.

The first one is feeling that femininity is all about LOOKS – as in, we've got to be perfectly packaged at all times, or we're just UNFEMININE.

(And of course, if you were to buy into high-end commercial advertising, you'd believe that 'looking good' costs an absolute BOMB, which would only add to your troubles.)

Of course, men DO want a woman who looks good … but you don't have to be 'perfect' or 'gorgeous' to be PHYSICALLY ATTRACTIVE. Instead, you've simply got to prioritize 'taking care of yourself'.

Why?

Because like it or not, people – including men – are going to draw conclusions about who you are from the way you present yourself.

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And if the way you're presenting yourself is advertising, 'Low self-respect, low income, high laziness, and general mediocrity', then it shouldn't come as a surprise if you get less than enthusiastic responses from men.

You don't need to OBSESS … but you DO need to show yourself and your body the value that you deserve. And that means that taking some care is absolutely required, if you're interested in being an all-round QUALITY woman.

Minefield number two: it's believing that, in order to get 'respect', women need to be 'as good as any man.'

(And by the way … there is NO WAY to be 'as good as a man' without COMPETING with him, which is NOT conducive to attraction, femininity, or a good time.)

Men do NOT want a relationship with the female version of themselves. They don't want a 'boy with breasts'!

So stop worrying so much about how tough and independent you can be, and start focusing on what's INSIDE. Generally speaking, an overpowering desire to always be 'in control' and 'be the best' is actually NOT attractive.

Why?

Because when someone's putting that much energy into how others perceive them, it generally signals an actual LACK of confidence in that area. It's called 'overcompensation', and it tends to set off warning-bells in the minds of men (and everyone else.)

So if you're putting so much time and effort into being 'as good as a man', or in demonstrating how tough and competent you are … and if this is coming at the expense of your personality and feminine charm …

… then yes, that can be a problem where attraction is concerned.

If you want to get a handle on femininity, and know how to BALANCE it with other facets of your personality, here's what I suggest: that you focus on building the qualities that make you feel more like the WOMAN you were born to be, and the things that make you unique and different from men.

Specifically, I'm talking about femininity, intuition, poise and grace.

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Give up that 'girls can do anything' or 'I don't need a man' competitive/defensive rubbish that may have influenced you in previous years, and start celebrating what it means for you to be a WOMAN, TODAY.

You can be empowered as a woman and want a man at the same time. Your femininity doesn't have to be conditional upon a non-desire for relationship. It's not a weakness, so try NOT seeing it as one!

Here's another suggestion: start living your life, and living your ideals, in a way that suits YOU, not in the way that your parents brought you up or that your friends necessarily recommend. The idea here is to be the woman that YOU ARE, not the woman that others want to see.

Make the effort to study what it takes to be a woman in the modern world without sacrificing your feminine beauty. A good place to start is my friend Amy Waterman's course, 'Make Every Man Want You More', which you can find here:

https://www.meetyoursweet.com/recommends/wantmore/index.php

Stop apologizing for yourself. If you find yourself embodying 'female stereotypes', don't worry about it – as long it's an authentic part of YOU (i.e. you're not just putting it on to 'seem girly'), then it's all gravy.

For example: it's okay to be frightened of spiders, not know how to fix a car, love chick flicks, pretty flowers and romance novels. Don't live in fear of being politically incorrect. You're an adult now, and you choose your own path. All actions that are rooted in FEAR and INSECURITY will inevitably backfire. How about, instead, choosing to act and react out of your own, genuine femininity?

DATING PRINCIPLE #3 APPLIED: You are not OWED a relationship: you EARN one.

How's about this: instead of focusing on the 'end-goal' of 'getting' a man and a relationship, you try focusing on being the happiest, most self-fulfilled, GENUINELY desirable woman that you can be?

Getting rid of that 'get a man' focus is going to earn you a LOT of staying-power when you actually meet a man you're genuinely attracted to. Make no mistake: men have a 'sixth sense' when it comes to figuring out which are the women they actually WANT to be with, and which women they'll just spend a little time with

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before finding 'the right one'.

And, of course, the 'right one' is always the one who is NOT out there desperately looking for a man, trying to 'get things going', and centering her whole life around attracting someone.

Here's another benefit: the impetus to 'get a man, NOW' will be GONE … and with it, that deep-seated sense of time passing and DESPERATION that leads a lot of women into relationships that are 'less-than', simply for the momentary gratification of 'being with someone.'

Here's your challenge. Instead of waiting until you have a man in your life to be happy, focus on making yourself happy NOW. You are sexy when you are happy. When you've got a great lifestyle going on, that you're passionate about, and that – best of all – ISN'T CONDITIONAL on the presence of somebody else, this is like a LOUD CLANGING BELL that screams, 'QUALITY!'

And of course … it's always when you're happiest that someone notices, and decides he wants a little of that in HIS life.

So instead of focusing on 'him', and on 'getting a guy', FOCUS ON YOURSELF. Do the things for YOURSELF that you want to do. Figure out ways to make your life great, and take steps to implement them. Do it.

TIME FOR A LITTLE EXERCISE

Before we conclude this lesson, I want you to whip out a sheet of paper and grab a pen. I've given you a lot of ideas so far about how you can modify the way you interact with men to increase your success in attracting them. Now, I want you to PICK 5 ideas that appeal to you – they don't have to be my ideas, they can be ones that you thought up while reading these lessons – and write them down.

Once you've finished writing down the five concrete steps that appeal to you most, I want you to write at the top of the sheet of paper the following headline: "MY GOALS FOR THE NEXT WEEK."

I want you to put each of those five ideas into PRACTICE in the following week. That's right – each and every one.

Look, I know how most of us are, men and women alike. We come across a great

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idea and think, 'Oh! That sounds great!' And then we sit on our hands and do absolutely NOTHING about it.

As it turns out, if you want to improve, you must take ACTION. It's one thing to think to yourself, 'OK, if I want to improve my success with guys, I've got to chill out and start living a kick-ass life for myself without waiting around for some guy to show up and do it for me.'

… but it's quite another to actually sit down and figure out what would REALLY get your juices flowing, and then actually DO IT.

You can read and read and read and read as much as you can, but until you take steps to actually MAKE CHANGE HAPPEN within yourself, nothing external's going to happen at all.

Stay tuned for the next section– we're going to discuss the secrets of healthy and lasting relationships!

With love,



Mirabelle Summers
MeetYourSweet.com

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Part 6: Secrets to a Healthy Relationship

Welcome to the final section of your 6-part mini-course! You've covered a lot of ground so far – nice going.

Today I'm going to shed some light on one of THE most pressing issues surrounding 'relationships' …

… how on EARTH are you meant to actually keep a good thing going?

I think you know what I mean here. Most women find it relatively easy to ATTRACT a man, but once they've actually 'got one' …

… they don't know what to do next.

They're unsure of how to act and how to SUSTAIN that attraction, and pretty soon, things are getting stale and distant … and nobody has the faintest idea WHY.

And by the way … ever heard the term 'the honeymoon period'? That's something that's generally used by people who have not yet had the experience of a relationship that literally just keeps getting BETTER and MORE PASSIONATE the longer it goes for.

And here's a little secret: not too long ago, I WAS ONE OF THOSE WOMEN.

I had not yet experienced the true bliss and incredible fulfillment that comes with a TRULY satisfying relationship between two well-matched people.

Today, however, I know different – and I know FOR A FACT that it is entirely possible to attract a dream relationship into your life.

Why?

Because I know how most people USUALLY think about 'relationships'.

Let me ask you a question: have you ever had any of the following thoughts about a relationship you've been in?

- relationships are hard work

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- love requires effort
- fighting is normal
- we're going through a rough patch right now
- I feel like we're in a rut
- I have to force myself to 'get in the mood'

If you have, that's normal … but it's also TOTALLY UNNECESSARY.

There are just a few simple things that you can do to shake off those feelings of stagnation and suffocation that so many people begin to feel after the first flush has worn off. And the best part? They work for EVERY relationship, because they're UNIVERSAL TRUTHS.

(Meaning, it doesn't matter if you've been together for 3 days or 30 years – the results will still be immediate and across-the-board.)

And if you haven't yet experienced the kind of relationship that involves effortless, magical love and passion that continues to INTENSIFY, that's OK. It doesn't mean that such relationships don't exist (for a start, I happen to know first-hand that they do.)

If you haven't experienced this magical effortlessness for yourself yet, it's likely because you haven't equipped yourself with the SKILLS that are necessary to maintain and intensify attraction. (Yes, it's true: although it's incredibly easy to maintain and intensify passion and commitment, these things WILL dwindle away unless you use some self-awareness.)

Here's the good part, though: it's EASY to sustain passion and it's EASY to make sure your love just keeps getting deeper and better.

Today, I'm going to give you a few practical tips for applying the principles you've learned so far in the course to your RELATIONSHIPS, in order to keep a good thing going (and, getting BETTER.)

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Principle #1: Men and women are different.

Here's how to apply this principle to your relationships: it has to do with RESPECT.

A lot of women don't ever think about the role that 'respect' has in close, committed, loving relationships. Generally speaking, it's not something that our brains tend to consciously think about: we either love someone, or we don't.

Men are different. They generally need to RESPECT a woman before they'll let her get close.

So, if you want to get, and STAY, close with a man, you need to focus on earning his RESPECT first.

Here's where the rot sets in …

Most women have been 'brainwashed' to some extent into focusing on the things that 'pop culture' tells us we need to have/do in order to be attractive.

These things tend to focus on externals: for example, always looking attractive, working out, wearing nice clothes around the home, keeping a nice house, and knowing what's up in the bedroom.

In other words, there are plenty of women out there who on some level literally BELIEVE that 'what a man really wants' comes perfectly packaged in Victoria's Secret underwear, who cooks a mean batch of brownies, and who knows how to give great foot massages. ('If I can turn up looking really hot in my lingerie and serve him up some sexy appetizers, he'll NEVER forget me!')

Sure, all of those things are great BONUSES.

But that's obvious.

What a man REALLY wants in a woman – a woman he sees as a 'long-term' thing – is to RESPECT HER.

He wants to see that you are a woman who is worthy of his respect, who he can actually see himself making a life with, and who he knows can 'hold down the fort' without him needing to make all the decisions.

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If you can show a guy you're dating that you're self-possessed enough to NOT turn your world upside down for him, NOT drop everything for him all the time, have a full life that you love, and that you're capable of making good decisions …

… then you're being the kind of woman that a quality guy is going to look at and say, 'This one's a keeper.'

A major part of getting respect in a relationship (and it should go without saying that, without respect, you don't have trust, and without trust, you don't have a real relationship) is that you need to act in a way that shows you have respect FOR YOURSELF.

The way that you treat yourself will be mirrored by the people that you attract into your life. Self-respect is always a good place to start.

A big part of having demonstrable self-respect is that you act in a way that is true to who YOU ARE (not someone that you're trying to be, or as a 'tool' to get something that you want.)

For example, many women try to 'act sexy' or 'act desirable' around a man, NOT because it's an honest expression of who they really are …

… but because they think that if they do X, then he'll do Y.

(Does anyone else recognize the MANIPULATION inherent in this behavior?)

Let me paint you a little picture.

Let's say you're looking to stir things up a little bit and give him a bit of the 'wow' factor so he realizes what a catch you are … so you dress up in a see-through black lace Teddy and serve him up whipped cream and chocolate mousse, with a foot-massage to follow.

What do you think is going to happen?

Let's see …

Well, first he'll have sex with you. (Of course.)

BUT, he will likely ALSO be able to sense that your actions are somehow not quite 'the real deal', and wonder what kind of show you're trying to put on and why you're

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working so hard to impress him …

… and then, he'll go off to find more of a 'real WOMAN' elsewhere.

Consider this: trying too hard is seen as UNSEXY, because it seems like you're COMPENSATING for something. As a result, you stop being natural, you seem like you're acting out a 'role', and your behavior begins to whiff of insecurity and manipulation.

This is not attractive.

A woman who DOESN'T try too hard, on the other hand, who merely is who she genuinely is, IS sexy because she's NOT trying too hard. Her naturalness shows right through … and as a result, her confidence and self-respect (and DESIRABLITY) are obvious to one and all.

The result? She's desirable, but in a way that doesn't cancel out his respect for her. And that's the kind of woman he takes home to meet Mom.

So does that mean that you can't ever dress up sexy in case you seem like you're compensating for some deficiency of self-respect?

Of course not. The critical difference lies in the force that is MOTIVATING you. Use some self-awareness. Are you staying in touch with who you really are? Or are you putting on a show because you're trying to prove a point or create a certain outcome to the situation?

For example, are you getting sexy and putting on a show because that's an honest expression of yourself as a sexual being, because you desire him, and because it FEELS RIGHT for you to do so?

Or are you so doing because you're trying to show him what a hot number you are so he'll be impressed and want to make you his girlfriend?

How you are being, and what is MOTIVATING you, is important, because it's going to color what you say and how you act … and he's going to be able to pick up on it.

And at the very least, I'd hope that you're interested in staying true to yourself and really being genuine because you RESPECT yourself too much to put on some silly, false act just to make some guy's jaw drop.

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Side note: this is not to say that you can't make an EFFORT. I absolutely stand behind being your 'best self' and hope that you realize that 'being genuine' does NOT mean 'not making an effort.'

So if you're just being who you are and are being natural and simply expressing yourself, that's going to shine through and he'll see that you're an independent woman who's comfortable with her sexuality.

On the other hand, if you're trying to act a certain way in order to get a certain result, or because you're not confident enough to simply be YOU and expect that to be enough, you need to be aware that he will likely see that you're a quivering, jellied mess of insecurity and manipulation (who's just DYING to 'prove' what a great girlfriend she'd make.)

(Oh, and by the way – just in case you didn't already know, the fact that you're good in bed or that you look great in a Teddy is NOT seen as adequate grounds for 'girlfriend status' by most men.)

So … does could you take this to mean, then, that you need to 'hold out' for X number of dates before 'putting out' so that he doesn't think you're 'easy'?

No no no! The whole point of this little story is that it's meant to illustrate the need to GET OUT of your own head and stop thinking about how he's going to act/react, and whether that means you should do X as a response.

The whole point is that AUTHENTICITY will get you a long way – and will always make sure that you end up making the right decision for YOU, and that YOU will be satisfied with the result (no matter how other people react.)

So if you're all for getting dressed up and cozy'd up in your sexy gear, then go for it. That could be a lot of fun. With just one caveat … you can't be doing it in order to 'get' something out of it.

You have to be able to understand and respect the fact that this is another human you're dealing with here (read: complex being) and there is just no way of knowing how he's going to react. As a result, manipulative behavior designed to elicit a particular response will not only not work, but it will also likely BACKFIRE.

This is why it's so important for you to he GENUINE about how you're being. If you want to cultivate respect in a relationship, you have first got to act with SELF-respect.

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And that means, not taking on any 'roles' in order to 'get' something out of it, and not trying to manipulate anybody with role-playing behavior that's just not you.

When you act with self-respect, you will earn his respect. When you demonstrate an ability to make smart decisions, you will earn his respect. When you prove that you're a 'together' sort of woman who's not going to turn her whole world upside-down or start putting on a show just to get a response, you will get his respect.

And you can do all these things by simply taking a step back, prioritizing YOURSELF, and having the backbone to stay true to yourself.

HIS RESPECT FOR YOU IS WHAT FUELS HIS FIRE.

When a man feels that he can respect you, that's when the barriers start coming down and that's when he will begin to really communicate who he is to you. He will trust you. And with trust comes closeness – and increased passion that doesn't dwindle over time.

Why?

Because what's happening INSIDE is what sets the stage for what happens on the OUTSIDE. If he respects and trusts you, he's going to keep on wanting MORE of you, and that spark's NEVER going to die.

Principle #2: Men and women are different.

And here's how to apply that knowledge to your relationship …

If you want to keep a relationship GREAT, then you've got to make sure you're not only having your own needs fulfilled, but that you're also fulfilling the OTHER person's needs.

In the best relationships, this is something that happens effortlessly. It's never a 'big deal' or a 'problem' to ensure that your partner is happy, because the way that you are together just CREATES and SUSTAINS that happiness magically.

The thing that guys tend to need most of all – more than ANYTHING else – is to feel that you APPRECIATE him.

This is something that will naturally set your relationship on an upwards-spiraling

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path to ever-increased quality and satisfaction on both sides.

When a man feels that his efforts and skills and abilities are recognized, acknowledged, and APPRECIATED, he is spurred on to do even more for you. It's a good feeling for a quality guy to know that what he does makes you happy.

A lot of women accept compliments and appreciation from the man in their life, but they never seem to realize that guys are just as hungry for recognition and appreciation as we are.

As a result, there are a lot of guys out there whose initial urge to give, and to do things for the woman they're with, has been CURDLED and just about KILLED by sheer lack of appreciation.

Without this awareness, the idea of a 'honeymoon period' becomes all too commonplace. After the novelty's worn off, some people literally start to forget about the importance of valuing their partner and treating them like a cherished part of their life.

That's when little 'mini-resentments' begin to build up: things start to feel one-sided, people feel un-acknowledged, and before you know it, the relationship's deteriorated into a 'tit-for-tat' situation with both people being reluctant to do ANYTHING for the other one until they themselves feel more valued.

To keep the sap rising and the spontaneous, easy, effortless caring and generosity flowing, you must realize that you have an ACTIVE part to play. Never underestimate the power of kindness to create and sustain feelings of genuine, tender, this-is-the-real-deal passion and love.

Here's the deal: he wants to know that you appreciate him (in all his splendor.) And when he feels like you do, he'll want to do more and more for you. But, if he feels UNDERVALUED, or taken for granted, that's when he'll stop putting the effort in … and that's what signals the beginning of resentment, confusion, and frustration in the relationship.

Remember: what you appreciate, appreciates. This is completely and utterly true of human behavior.

So the first part of applying 'men and women are different' is realizing that men need appreciation and acknowledgment MUCH more than most of us realize that they do.

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Next: you've got to ACT on that realization and start articulating your appreciation for your guy. Tell him how much you love it when he does X for you. Tell him how sweet and thoughtful he is. If you want to keep the juices flowing, make sure he knows that you APPRECIATE all the things he does for you.

So … does that mean that, as long as you keep the compliments coming, that everything's going to be peachy and easy for everyone?

Well … not quite.

Here's the catch: a guy has to actually EARN that acknowledgment in order for it to mean anything to him (and, in order for it to benefit the bond and connection between you.) If you're trying to create a great relationship by appreciating a guy whose behavior doesn't DESERVE that recognition, then you're not going to be creating a quality connection … you're creating a MONSTER.

If you want this to work, you need to make sure you're being AUTHENTIC about it and realize that, when it comes to relationships, you can't make a silk purse out of a sow's ear. Part of being a top-quality woman is recognizing what it means to be MATURE … and part of what it means to be mature is realizing that there are no magic bullets here.

If you want a great relationship, you can't just create one by 'settling' for whoever'll have you. You can 'appreciate' a guy til you're blue in the face, but if he's not actually doing anything to DESERVE that appreciation, you may as well be howling at the moon.

As with most aspects of dating and relationships, this matter all boils down to AUTHENTICITY. A relationship will simply not work if you're scraping the bottom of the barrel trying to come up with ways to appreciate a low-quality man.

So: this is a two-part principle. First, you must recognize that if you want to have a fantastic, dream-come-true relationship with a man, you need to be prepared to LET HIM KNOW that you appreciate what he does for you …

… and secondly, you must realize that ANY amount of 'appreciation' is never going to work, if you're SETTLING for someone who is 'less-than' in the first place.

This isn't about being picky. It's about having the self-respect and the self-WORTH to recognize that you are a creature of value. You deserve someone whom YOU find

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genuinely desirable, and someone who feels the same way about you.

Take those two criteria, put your hands together, and you're going to be really surprised at just how easy it can be to enjoy a full, rewarding, deeply satisfying relationship full of spontaneity and generosity for a long time to come.

Principle #3: You are not OWED a relationship; you EARN one.

And here's how to put this principle into practice in your own life …

For many women, when a relationship finally comes their way, and after the initial 'novelty' has worn off, they're left feeling a certain amount of ENTITLEMEN. They feel that, since they're 'owed' a relationship as their birthright (and on some level, they 'always knew' they'd get a good one), that, now they've GOT one, there is very little gratitude or pleasure, and a certain amount of 'taking for granted' going on instead.

Instead of consciously enjoying and welcoming the relationship, they're instead focusing on the NEGATIVES: how hard it is to make time for their partner, how the sex isn't what it used to be, how he never puts his dishes away … etc.

This attitude begins to shine through in subtle ways, that gradually grow less subtle as time goes on. For example:

- Being sharp with their partner
- Taking him for granted
- Not appreciating him
- Not making time for sex or for the relationship
- No longer making 'fun' a priority (focusing on chores, the children, work, etc)

Over time, if these issues are allowed to continue without actually communicating about them and investigating what's really going on, small resentments begin to build up which eventually will actually SMOTHER the attraction and pleasure of the

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relationship.

For a great relationship to be on a consistent upwards trajectory of effortless quality, here are a few things to consider implementing:

- ***Make time to have FUN.*** For so many women, after a few years have gone by (and especially when children come on the scene, or if work is particularly demanding), all the fun just goes draining right out the window. All the conversations are about who's turn it is to mow the lawn or drop the kids at music practice and there's very little laughter or lightheartedness to be found anywhere. If you can really put a focus on ENJOYING one another's company, and on spending time together and just being with each other (as opposed to thinking about what needs to be done around the house or tomorrow at work), you'll find it a lot easier to revert to natural, carefree silliness and fun. This is something that makes a HUGE difference long-term: the couple that plays together (and laughs together), stays together.

- ***Don't talk too much about 'where this is going'*** and particularly, steer clear of making peremptory demands for changes or development in your partner. Have you ever noticed that people are least likely to change UNTIL they feel accepted as they already are? Many women spend a great deal of time talking about 'the relationship' or asking about commitment and/or marriage (generally along the lines of, 'When is it going to happen?') and it just KILLS the spontaneity and the fun-loving vibe in the partnership. Try just sitting back and allowing things to happen on their OWN schedule instead of constantly prodding and poking for new developments.

- ***Instead of playing the blame-game*** when problems arise, try taking a look at YOURSELF first. There is always a contribution from both partners to any situation that arises in a relationship, and it's important to recognize this instead of attempting to shift responsibility straight off the bat.

- ***Treat your partner well.*** So many people get into the habit of speaking to each other in tones of ridicule, or simply being harsh to or about one another, and it's absolutely poisonous to the atmosphere and to the attraction in the relationship. If you can get into the habit of being really kind to your partner, and simply treating them as though they are the valued and cherished creature that you see them as, you'll most likely find that the level of passion absolutely goes through the roof as a result.

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Overall, 'earning' your relationship is as much about maintaining that degree of quality and self-development over the long-term as it is being a desirable woman in the first place. Part of truly BEING a top-quality woman (and thus, earning the kind of relationship that you truly want) is, of course, being AUTHENTIC …

… a large part of which is, not letting all your 'good qualities' go draining away through lack of consciousness and awareness as soon as you feel that you've 'got' a man.

And incidentally, this is something that you should be doing out of respect for yourself as a woman, as opposed to something that you are 'doing' in order to 'make the relationship great'.

Obviously, your partner will appreciate it, but you'll also find that you yourself feel so much more powerful, so much stronger, and so much better about yourself when you KNOW that you're completely aware and very focused on being the best 'you' that you possibly can be.

Congratulations! You've just completed the MeetYourSweet 6-part mini-course.

If you've got a friend or someone you know who might benefit from hearing this advice, then make sure to forward these emails onto them or direct them to our website: www.meetyoursweet.com/women

Thanks so much for reading. It's my honor to show you the way to ever-evolving levels of dating and relationship fulfillment.

With love,



Mirabelle Summers
MeetYourSweet.com

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The information inside each of these courses will empower you by giving you the life and love skills that you need to achieve a complete personal and social transformation, and help you attract and keep the man and relationship of your dreams… and you can get a 60-day guarantee on ANY course listed above.

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The 'Get a Guy' Guide: From Initial Reaction to Life Long Attraction

by Mirabelle Summers

Have you ever been told that you are attractive, funny, or smart, but... you're not the kind of woman that he's looking for?

Perhaps you've dated a guy for a while and when it came to discussing 'the relationship' or 'commitment', things went downhill until it was over?

Or maybe you've slept with a guy that you really like, and now he's no longer interested in you? Or worse, he's now interested in other women?

There are a lot of scenarios that may have happened to you that lead you to coming to this webpage, but the overwhelming problem that you are facing is that:

Men are difficult to understand - And if you don't understand men, you probably think that all men are jerks. While this might make you feel better thinking this way, wouldn't it be better to discover the truth about men and what makes them tick so that soon you'll be in a great committed relationship with a fantastic guy?

One key you need to focus on is *being your best self* most of the time. Part of being your best self is making sure you are looking at the world through a balanced lens. There's no need to be 'ridiculously positive', but part of being successful with men and dating is putting your best foot forward, and knowing that when you're happy, you're sexy.

I have so much information to share with you in my Get-A-Guy Guide about what goes on inside a man's mind, how he thinks, and how you can not only be irresistible to men, but be incredibly inspiring to all others around you.

Get a Guy Guide has been specifically designed to:

- Teach you how to get what you truly want from men and from your relationships with them (You'll save you years of your life in missed love opportunities and wasted energy!)

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- Discover all those deadly mistakes and obstacles that stop most men from attracting and keeping their ideal man.

- Help you get your life back on track so that you are happy again and have a positive and exciting future ahead of you... no matter what happens.

You can get your copy of "The 'Get a Guy' Guide: From Initial Reaction to Life Long Attraction" course at the following web address:



http://www.meetyoursweet.com/attractmen

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Why Men Pull Away: Discover What He's Really Thinking

by Slade Shaw

Have you ever started a relationship feeling so warm, cared-for, and loved …

And all of a sudden he seemed to pull back like a cat from cold water?

Have you ever tried to subtly figure out where your relationship with a man was going …

Only to have his whole personality change before your eyes, and turn into this cold, uncaring, aloof stranger?

Or have you ever dated a guy you're sure is a commitment-phobe, even though everything else about the relationship is great?

Have you just wanted him to see that you're actually perfect for each other if only he could just open his eyes …

That you could have this incredible relationship, be the couple that everyone else wants to be, and grow old together in love?

Because if so, then you are not alone in these feelings.

If this sounds like you, I have a course that is going to change forever your life and the way you understand men.

Introducing "Why Men Pull Away: Discover What He's Really Thinking"

This guide is the holy grail of attracting, understanding, and drawing in the heart of any man like a moth to a flame…

And when you apply the principles outlined in this man-to-woman course, your feeling of success and triumph will take off like a space rocket!

Here's a small sample of what you'll discover in this powerful "dirty truth" guide:

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- The one simple attitude shift that men find more attractive than anything else …
  This one thing creates a "domino effect" of positive changes in his attitude toward you and literally makes him feel addicted to your company…
  He'll be craving your company like a cat craves catnip, longing to hold you in his arms again, and counting down the moments until he can see your face and make you smile again!

- How to talk about commitment with a man in a way that triggers his hunter/provider instincts …
  So that he automatically wants to commit, "win" your love, and do whatever it takes to make sure you feel loved and cherished …

- How to drop your "mask" with a man in such a way that he can't get enough of the real you …(this is especially useful if you tend to self-edit, self-censor, or "act a certain way" around a man to try and make him like you more) …

- The one thing you must never say to a man if you want him to categorize you as "commitment material" …

- Did you know that men make commitment decisions quickly and instinctively… And once you've been categorized it's almost impossible to change his mind? Here's how to use this decision-making trait to your advantage to create powerful commitment and love!

- How to use an incredibly forceful "mood-magnet" effect to trigger a gut-level attraction and sense of commitment so strong that he won't even realize it's happening … Because he'll be too busy feeling it instead!

- Plus, what every man's biggest fear is … why he can't ever tell you about this fear, and the simple words that will reassure him and unleash his deepest affection for you …

- How to get him to finally open up about his feelings …

- And the amazing feminine "bait" trick that keeps him focused on you … even when you've been together for years (or decades!)

Plus much, much more!

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You're also going to know how to be vulnerable around a man in such a way that triggers his deepest need to protect and cherish you …

So you can feel totally secure, totally loved, and as emotionally open as you want … sadly, most women don't understand this key ability …

And yet this is key if you really want a strong commitment from him!

If you want to truly understand what's going on inside his mind, and get the very best out of him to develop a strong and committed relationship, this life-changing course is a must see!



You can access 'Why Men Pull Away: Discover What He's Really Thinking' and win back the love of your ex at the following web address:

http://www.meetyoursweet.com/menpullaway

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2nd Chance: How to Win Back the Love of Your Ex

by Mirabelle Summers (co-authored by Amy Waterman)

I hate to say this (I know how much it hurts), but while you're sitting here reading this (and feeling that nauseous pit in your stomach) your ex may be out there...

Talking to another person...

Giving them their number...

Flirting with them, acting sexy to entice them...

Maybe even sleeping with someone else...

Forgetting about you.

And no matter how much they loved you (no matter what SPARK of love they might still have for you)...

Your ex is going to move on...

Unless you do THREE things very, very fast:

1. **STOP** what you are doing **right now**. It's time to rethink and relearn everything you ever thought you knew about how to get your ex back... the preconceived ideas and techniques you have employed trying to save your relationship are only doing **MORE** harm and pushing them even further away. What you believe and what you have tried is **NOT** working. That's why you are here.

2. Make it ***impossible*** for your ex to ever "get over you" and have them come crawling back to you, wanting you and desiring to be a part of your life in a way they have never felt before...

3. Make your ex **LOVE** you and **CRAVE** you in such a way that your relationship and the bond you have becomes stronger than ever, immune to the threat of a breakup ever again.

It might sound impossible right now... but I promise you, if you read through this page and do what it says, you'll be shocked at how quickly your situation changes for the better, how the communication with your ex will turn around from blank and negative to positive and loving, and how you will have your ex thinking about

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you, craving you, and wanting to be back in your life and back together with you in minimum time.

That nauseating feeling you have right now will be just a distant memory, and you will have all the essential ex-back skills and techniques that will make sure you never face these horrible, debilitating and sickening feelings of loss ever again.

Before you do anything that you think will win back the love of your ex, you need to listen to what Mirabelle Summers has to say. 2nd Chance is a course that guides you through the whole self-reflection, consideration, and negotiation process that characterizes a relationship breakup, and, most importantly, it's rescue.

If you want more than anything to get back together with your ex and give love a second chance, you MUST check out this life-changing course.

Here's what you'll discover inside:

- **Do you continuously think about your ex?** Can't get them out of your head? Here's how to stop that and get your happiness and freedom of mind back on track (and it'll make you more likely to win them back in the process).

- Find out the CRITICAL step you MUST take to maximize your chances of getting back together with your ex. A staggering 90% of people fail at this step, not because it is too difficult, but because they don't know how necessary it actually is and why.

- **Learn how to pinpoint the precise reasons for your breakup** so that you can use this separation as an OPPORTUNITY for you to get perspective on the relationship, understand where it hasn't been perfect, and imagine what the future might look like for both of you. Until you find out what that REASON is, and until you take advantage of the OPPORTUNITY this break up presents, you're not going to be able to get back together with your ex ... at least not in any lasting way.

- 5 essential tips for what to do if you accidentally bump into your ex unexpectedly. *Also, discover what to do if you bump into them with their new partner.*

- **How to maximize your chances of winning your ex back if you've done something seriously wrong** (If you've done something terrible, like cheating, then it may well be all over, and we don't condone it at all, but follow

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our steps and you WILL maximize your potential chances of reconciliation).

- Exactly what to do and say in phone conversations, texts, emails, public encounters and private encounters.

Don't waste a moment longer. Get it now.

You can access '2nd Chance' and win back the love of your ex at the following web address:



https://www.meetyoursweet.com/2ndchance/women/

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Connect And Commit: How To Take Things To The Next Level Of Commitment

by Amy Waterman

This book is all about building the love, affection, and long-lasting relationship that you want and deserve.

Imagine how it would be to have a partner who is *genuinely and deeply committed* to you and your relationship?

Imagine *never feeling insecure about the future again?*

Imagine knowing that the two of you want *exactly* the same things, and are going to build on a lifetime of love and happiness together?

If you want to put an end to unfulfilling relationships, take things to the next level of commitment, attract *emotionally available men,* and learn how commitment *really* works for men, then you've got to read this book. It's a gem, an absolute gem.

Amy's discovered a foolproof method of *magnetically attracting* your partner to grow in closeness and commitment – on physical *and* emotional levels – as time goes on.

How would it be to be *completely immune* to the death of love and closeness in your relationship? To be in a relationship with your best friend, your favorite person, the man you love more than anyone in the world … and to have those feelings reciprocated?

It's like magic. But the best part is, *it's not actually magical at all* – it just takes *knowledge.*

Amy's life-changing course is one of the most thorough courses on helping you understand, create, maintain, and foster commitment through every stage of the attraction and relationship process,

If you want to create the ultimate relationship … improve your relationships starting RIGHT NOW … create better communication with *everyone* around you … achieve true and lasting physical passion in your relationship … and strengthen

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your relationship with your partner, *even in times of stress and change …*then I strongly recommend you read this book.

It'll change your life in ways you never knew was possible.

In addition to the course, there are a number of bonus ebooks and audio files that will further assist and enable you on your search for commitment in your love life and relationships.



You can access the "Connect And Commit" course at this web address right here:

https://www.meetyoursweet.com/commitment/women

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Supreme Self-Confidence in Dating, Relationships & Social Situations

by Slade Shaw

Let me ask you a few questions:

- Have you ever seen someone from across the room that you really like, or who you'd really love to meet.... but were too overwhelmed by fear and nervousness to go over and start a conversation?
- Have you ever felt like you don't deserve the kind of guy that you are REALLY attracted to, and as a result always settle for second best?
- Have you ever felt yourself shaking with self-consciousness when you are talking to a guy that you've got a crush on? Lost your words? Can't be your best self?
- Have you ever been in a relationship where you got emotionally insecure and ended up driving your partner away by your clinginess and insecurity?
- Have you ever fallen in love with someone before you've even dated him and got jealous and upset when he goes out with someone else?

If you answered **YES** to any of the above questions, then this book is a great fit for you. I *strongly believe* that this information could actually be life changing for you....

When you're not self confident, then you get nervous and act differently at times when you feel stressed or need to be at your best. For example: on a date, or when you're talking to a man you're attracted to.

If your confidence betrays you at these vital times, then you may actually struggle to make your life turn out the way you want it to. Confidence is attractive, and without it, it's difficult to attract a really good catch.

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Why?

Men base their assumptions of you on what they know of you. That's why first impressions can be so hard to change. If that's all he knows of you, then as far as he's concerned, that image he has in his head of you IS YOU.

So if you meet a man you are attracted to and act nervous, fumble your words, and run out of things to say …

… then as far as he knows, *you are the kind of person* who is nervous, fumbles their words and runs out of things to say.

(Of course, a little nervousness - with a smile! - can be endearing and can even help you, but if you can't let your best self shine through soon, and if you end up getting so nervous that you just want to get out of there, then it's hard to see him ever becoming attracted to you.)

Also, it's really unfortunate that people may assume from your shy or nervous behavior that you simply don't like being around them.

They pick up on your discomfort.

They may end up becoming quite negative towards you as a result, because they think that you've rejected them first — when in reality you just didn't know what to say or do.

And this is *exactly* the kind of problem that this book deals with in detail.

By reading Slade's book, you'll become a woman who enters a relationship *WHOLE* without needing someone else to 'complete' you.

You'll be looking for a man to 'complement' you instead.

This is one of the most *powerful* and *special characteristics* that you could possibly offer to a relationship. The self-confidence that I want to impart to you will *instantly* help you become a more balanced woman who is able to manage the challenges and negotiations that all relationships bring.

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You can access 'Supreme Self-Confidence' at this web address:

https://www.meetyoursweet.com/selfconfidence/women/

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Conversation Chemistry – How to use the power of communication to create and maintain unstoppable attraction with the Opposite Sex!

by Mirabelle Summers (co-authored by Amy Waterman)

When renowned online relationship expert Amy Waterman and I started researching and writing Conversation Chemistry, we were initially going to write 2 separate books: one for people who are single or dating, and one for people who are already in a relationship.

But the feedback we received was an *overwhelming number* of suggestions that we combine them both together, as there was so much essential information in each of them for people at *all* stages of a relationship.

Hence, Conversation Chemistry is actually the length of *two full books* (298 pages) and is packed full of essential communication secrets for you, no matter whether you are single or in a long term relationship!

We've broken it up into three specialized sections:

Section 1: The principles of great communication with the opposite sex.

Section 2: Secrets to talking to and communicating with the opposite sex during dating.

Section 3: Communication inside a relationship

Inside this life-changing and engaging course, you will uncover a whole host of conversation tips and strategies, including:

- The principles of great communication. These principles differ between men and women, find how and why!
- How to adapt the way you talk to suit the man you're talking to - this may determine whether or not he develops a romantic interest in you. you're going to find out in detail **how and why men and women communicate differently**, and how to communicate in such a way that builds unstoppable attraction

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- Find out the surprising results from a study of singles bars, conducted by a couple of doctors. They proved the theory that there is a definite sequence to the process of attracting a mate. You'll hear what this process is, and how you can use it to your advantage in sparking attraction. If you follow this process, you'll build up an incredible attraction for you in members of the opposite sex!

- Find out the form of **intuitive communication** that NLP practitioners, psychologists and even pickup artists alike agree is crucial to forming a lasting bond with another person…
- The 'magic' ingredients necessary to build potent rapport with another person. This is truly powerful stuff you won't want to miss out on!

- Find out the key secret to become a charismatic woman who has no doubt that what you're saying is interesting to your audience

- The **5 conversation turn-ons** that when applied diligently, you'll find that people will not just enjoy talking to you... they'll go out of their way to talk to you!

- How to **overcome approach anxiety**. If you suffer from approach anxiety, you're not alone. Going up to someone and starting a conversation can be incredibly difficult! You'll learn how to calm these nerves right here with our highly effective 5 step strategy

- The one thing that you absolutely must say to put people at ease and dramatically reduce your chances of getting "brushed off" by a member of the opposite sex when you try to strike up a conversation.

- How to spark chemistry and sexual chemistry with men. You'll learn some incredibly powerful secrets here, and they are a lot easier than you imagine!

- The communication skills required for a great long-lasting relationship are different to those that spark attraction and get you through the first month or two of dating. In this exciting section, you'll discover vital communication skills that will bring the two of you together and you'll find out common communication mistakes so that you don't make them yourself!

- What to do if communication stops. Rarely go out for an evening alone together? Feel like you've run out of things to say to each other? Find out how to revive your communication and get to know your partner again.

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- Discover the 3 traits of happy couples who know how to disagree in a healthy, non-destructive way.

- Uncover essential secrets on how to forgive. Without forgiveness life is governed by an endless cycle, so it's essential you master this crucial relationships skill!

- **How to argue properly and grow** together as a result, rather than grow apart. This is an incredibly important chapter for you to read as arguments have been proven to be severely detrimental to many relationships, and yet seen as strengtheners for others who know how to argue properly.

- Using the power of talking about the future to further enhance your long term relationship success. Discover the next step and how to assess your progress at regular intervals.

Conversation Chemistry is designed to take you to the 'next level' of communication, whether you're out to meet someone new, enjoy a fun and flirtatious conversation, master the art of flirting, or make a relationship into the *best* one you ever had.



You can access 'Conversation Chemistry' at this web address:

https://www.meetyoursweet.com/conversationchemistry/women/

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Ultimate Attraction Transformation Series – For Women

Created by the Meet Your Sweet Team
Edited by Mirabelle Summers

Success with understanding what men want and how to attract the right man is an elusive skill that evades most women, and is a common issue shared by both young, single women as well as those re-entering the dating scene. When it applies to identifying quality men, you know what you want and what you like, but when it comes to actually attracting them it seems to bring limited success, or worse, it attracts the attention of the completely wrong kind of men!

Many so-called experts and dating divas will share with you the technique that works for them, each selling their method as the magic bullet: the ONE essential skill you need to master your success with men. But all too often what it really ends up being is just another piece in the puzzle!

You need an attraction method that works for YOU, all the way from start to finish. This means closing on a boyfriend and hopefully a relationship, not just another one-night stand.

It's about much more than the 'look' or the 'body language.' Guys want the WHOLE package, a woman that not only has the SKILLS, but the CONFIDENCE, ATTITUDE and the CHARM to back it up.

And as far as most men know... attraction just happens. They can't explain it. But when they see the whole package, sparks fly!

But first, I have a few questions to ask. Have you ever had any of these things happen to you?

- You wished you were someone else in order to become more attractive to men.

- You've finished a conversation knowing you didn't really say what you needed to, and left him with a poor first impression.

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- You really like men but usually end up being their friend rather than their lover.

- You wish you had a social circle and social skills to impress a man and show him you are his equal.

- You're confused about attraction and what men truly want in a woman. (Do they want to marry the nice girl? Do they want the bitch? Do they want the bimbo? Do they even know what they want?)

- You've found yourself in a relationship where the love and attraction is slipping away, but you don't know what to do to fix it.

If you want to truly understand attraction in a way that you never have before, you need to know that it's about much more than just ONE witty opener or routine, ONE affirmation, ONE part of your body, or ONE aspect of your character. It's about you actually being the COMPLETE PACKAGE, an empowered woman of integrity and a skilled seductress, who understands attraction is about more than just looks, attitude, or intellect. It's about being ALL THREE.

No matter if you are 26 or 62, we have created a course that is going to change your life, starting today, with the first of 12 life-changing issues. It's never too late to see the big picture and truly transform yourself into the skilled seductress you want to be.



You can get your copy of "Ultimate Attraction Transformation Series" for women by going to:

https://www.meetyoursweet.com/monthly/women

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