

Conquer His Heart  
And Make Him  
Wholeheartedly Love  
You Forever

*The No-Nonsense Guide, Highly Resourceful and  
Absolute Way to Win over The Heart of Any Man  
You so Ever Desire*

**By**

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# Introduction

First, I want to congratulate you for taken this bold step, so many ladies refuse to take this and I want to assure you, that you have taken the right step toward long term relationship, marriage and commitment.

## My promises to you

Before you go any further, I have two HUGE PROMISES to make you. Okay, three.

1. There is an INCREDIBLE man out there for you. In fact, there are LOTS of them. For YOU. We'll talk more about this soon.
2. You ARE meant to enjoy a deeply fulfilling, emotionally powerful, completely rewarding relationship with the man of your dreams.

All of this is within your grasp.

## You deserve a life of diamond-bright love

Finding the love of a lifetime doesn't "just happen" on its own. Over the years I've learned so many secret paths, special practices, and soul-deep truths about how a woman can capture a man's heart, and I'm so happy to get to share them with you.

I hope you'll treasure this journey like I have, and finally start to receive the love you've longed for and truly deserve. I hope you become the woman you're meant to be; one who believes in herself, shines with the light of a dozen suns, and attracts the deeply pleasurable attention of the man destined to hold you in his arms forever.

# Who am I?

My name is Anthony Adeokun, a dating and relationship coach for 7 years running now, founder of I Love Relationship Inc. ([www.iloverelationship.com](http://www.iloverelationship.com)) who has fully discovered relationship superpowers. I'm going to take you step-by-step through the process of learning to become the intoxicating woman the man of your dreams simply can't resist.

It's not hard. You won't have to work at this like you did that statistics class in school. You won't get misled by lots of conflicting pop-psych talk.

In fact, I hope you'll think of me as a friend, the kind willing to make it crystal clear, perfectly able to tell you exactly like it is without beating around the bush or tiptoeing around in order to not hurt your feelings. Haven't you had enough of that already?

So if some supposedly well-meaning friend, parent, religious group, or other cultural influence has been cranking up the pressure on you, being critical, or telling you that feeling lonely is a terrible reason to connect with a man, I'm here to help you tune those painful voices out, so you can:

- Start focusing on the clear reasons behind why men behave the way they do
- Let the right guys find and fall in love with you and make you THEIRS. Forever.

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## This is why you're NOT crazy

Believe me, I know you've spent plenty of sleepless nights wondering if you're completely nuts. And I know the reasons why, too. So let me tell you a few of the things I can guess about you already, because these things should not be making you wonder if you're crazy. They are perfectly reasonable, every last one...

**You are looking for the best!** There's no reason you should settle for "average," and you DEFINITELY don't need anybody's table scraps. Not only is that completely demeaning and unacceptable, it's also a recipe for disaster later on down the road.



**And yes, your standards are high.** They should be. And don't let anyone tell you you're looking for a non-existent partner.

In fact, part of the reason you and I are talking right now is that you are a very strong woman. You don't waste tons of time and energy worrying needlessly over everyone else's opinion of you. You don't see yourself as "above" other people, but you also don't find it necessary to bow and scrape and otherwise behave like a doormat.

**You're busy and accomplished,** and you don't owe anyone an apology for that. But you suspect it makes guys scared to approach you. (There's some truth in that for certain types of guys, by the way.) It's gonna take a strong man to keep up with you. So where the hell is he?

And last, but most definitely not least...

**Of course you've made "man mistakes" before. You're human, aren't you?**

Don't worry, not only am I going to help you avoid MANY of the typical and easy-to-make mistakes in any relationship, I'm also going to tell you what to do if you've already made them. Sort of like those magic erasers that get the crud off your walls, cabinets, and damn near everything else.

You've already done the work of finding help. You've taken the first step. Good on you, sister. If you were here, I'd totally buy you a glass of wine and raise a toast to your brilliance. Maybe two!

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## So here's where we're going...

Here's a quick look at what we're going to be working on together. It's not everything, but it should give you the general idea so that you know this is going to be the perfect fit for you, no question at all.

### 1. The Conquer His Heart Quiz

First of all, you will be taking the Conquer His Heart Quiz.

It will take you less than 10 minutes to breeze through the Conquer His Heart Quiz, but you're going to get a HUGE return on your investment with this.

If you answer it truthfully, this quiz will help you figure out your starting point in Conquer His Heart, and by the end of the program, you'll ACE it with flying colours. In addition, at the END of this program, you'll be taking a look at the Quiz again, and after you get over your SHOCK at how much you've learned, changed, and grown, I'll give you plenty of pointers on where you can look for additional help in the specific areas where you need or want more guidance.

## So, to recap:

Take the Conquer His Heart Quiz now!

Short recap, right?

Now, once you've finished the Conquer His Heart Quiz, you'll be diving straight into the rest of the program's deliciousness – the good stuff that will really open up the secrets of his heart (and your own).

Here's what you'll find...

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## 2. The Four Main Modules of Conquer His Heart

In the first Module of the course, you're going to find out EXACTLY...

Why men love to chase women

The secret reasons that might be keeping men from chasing YOU

What you should do with your "Perfect Man" checklist (and yes, I know you have one)

How to become the intoxicating woman that men will desire and other women will envy

There are some nice little bonuses, surprise goodies, and (you guessed it) a little bit of homework for you to do, too.

**Then, we'll REALLY turn up the heat.**

In Module 2, I'm going to take you step-by-step through learning to unleash your inner siren in order to awaken unsettling, primal urges in a man. Throw off your seatbelt and get those hands in the air, girlfriend, this ride is going to thrill. You'll learn...

- How to be the most incredible, compelling woman in the room (and attract the most potent men).
- This section is really powerful. It includes more juicy, fabulous goods than a Nollywood swag bag. Yummy, tasty delights like...
- The single sexiest thing you'll ever wear (not what you think)
- The Catnip Principle (meow)
- Surefire tactics for stopping negative self-talk
- 51 ideas for maintaining your sexy inner grin
- How to seduce a man using only your eyes
- 19 moves that leave men wonderstruck
- How to make conversation like you're making love
- How to stun him by understanding his most secret needs and fears
- How to tease and tantalize in a way that will keep him riveted

AND (this next bit is super critical, strictly need-to-know...)

- 7 Massive Relationship Mistakes to Avoid

And yes, you'll discover more top-secret insider tips, quick notes on sneaky pitfalls or significant shortcuts, and plenty of bonus treats, along with your power worksheets.

I promise you, it won't be long before you hear yourself say, "Holy sh\*t, it's working!

Now what?" I got you covered. So in Module 3 you'll learn:

- How to sort the Keepers from the Throw dem-backs
- How to choose the perfect man for you (and make him think it's all his own doing)

AND plenty of types of guys you'll find on the Man Buffet, from the Bad Boy, the Man's Man, the Sugar Daddy, and every one (well, almost every one) in between. For each type of man, **I'll give you the lowdown on the good, the bad, and the things you definitely need to consider when dating those types of men.**

And then we'll get to...

What NOT to order (and how to send something back to the kitchen)

How to let a decent guy down gently

And when you've done your bit with dating and are ready to start thinking about an exclusive arrangement, a commitment, we'll do some discovery there, too. In fact, commitment is the single biggest area I get questions about, so I've loaded you up in this section with plenty of outrageously good stuff.

## A CRITICAL point:

You can read all this, and do all the worksheets, BUT! If you don't actually DO what we're talking about, you won't find yourself moving forward. This is such an important point. ESPECIALLY as we start talking about getting your man to commit... (Don't worry, I'll remind you again later.)

So, in the section that starts giving you the inside secrets of getting your man to commit, you'll find:

The top 10 signs that he's marriage material

How to know whether you should keep dating, or if you're ready for commitment

What commitment REALLY looks like

AND (this is massive)...

A mini-quiz you've got to check to see if YOU are ready for marriage.

But of course, it doesn't end there. There's even more, in Module 4, about **how to get a man to commit...for the LONG TERM**. And I'll answer some common questions like "Should you have sex on the first date?" and "Should you be the first to say I love you?"

Then we'll get more into **signs that he's ready for marriage**, and finally a closing section on how to never quit letting him woo and win you.

There's a ton of good stuff here, and all of it is geared to get you from where you are to where you want to be: solidly connected to the man of your dreams!

I'm really looking forward to hanging out with you on this journey! Download the Conquer His Heart Quiz, and let's roll, girlfriend!

# The Quiz

Don't dig into the rest of the Conquer His Heart program yummys before you take the quiz below! It will take you less than 10 minutes to get through these questions, and you're going to get a LOT out of it...

Here's what to do:

- Run through the quiz QUICKLY, without stopping to over-think each question.
- BE HONEST. No one else will ever see this, really!

If you answer it truthfully, the quiz will help you figure out your starting point in Conquer His Heart, and by the end of the program, you'll ACE it with flying colours.

I'll give you plenty of pointers on where you can look for additional help in the specific areas where YOU need or want more guidance!

The quiz should be with you in your email inbox by now, but if you have not gotten it, then send me an email or text messages.

It is very important you take this quiz, and you'll be glad you did at the end of this program.

## Part 1: Unlocking His Head (And Looking Inside)

### Module One

#### WHY MEN LOVE TO CHASE WOMEN

Ever seen the photos of those guys in the midst of one of those crazy, mud-drenched, barbed-wire-strewn warrior runs?

Every man there is happy.

You see them checking out a 12 foot concrete wall, a quarter-mile of steep, muddy mountainside, or a narrow passage criss-crossed with live electrical wires with a feverish gleam in their eyes. The challenge sucks them right up like a tractor beam, and they want it to.

Some women look at it and think, “This is insane.”

Most men look at it and think, “This is perfect.”

### Blood, sweat, beer... and babes!

It really is about blood, sweat, and beers, girlfriend.

Men were born for adventure. And “blood, sweat, and beers” comes pretty close to capturing the whole picture, but it’s missing one very important, very arousing ingredient...

**Because you are the reward he hopes to win at the end.**

That’s right. If there’s one thing men crave more than the thrill of the hunt, it’s the delicious taste of a woman’s delights at the end of it.

Dangerous heights, frozen rivers and fire walks, all followed by a shot of whiskey and the admiring gaze of a lovely female, whom he views as yet another exciting, potentially dangerous challenge. That’s the ultimate fantasy of a man’s soul.

Now don’t be misled...

I'm painting it in a mountain-man kind of way, but don't let that trip you up, because this same secret fantasy plays out in so many ways.

## **Know what drives a man, and you get all the cake**

Listen. Let assume I'm a female and in my late 30's . But if I'm doing reps in the free-weight pit and appear to be struggling to get the barbell to a full extension, I can absolutely count on the fact that there are many number of men who will swiftly come to my assistance. Age and station is irrelevant, because men are dying, absolutely dying to be strong and useful, and win the spoken or unspoken praise and thanks of a woman. Any woman.

And yes, they will look at you and imagine you naked, regardless of wedding rings (yours or theirs). It's just how they're made.

Don't worry about that last part! I'll tell you more about it soon, and you'll see how it can be made to work to your advantage.

The main thing is to know what drives a man. Because once you know the real truth about what drives a man, the rest is cake.

A man's soul craves an adventure and hopes to win a woman (or lots of women). And there are plenty of challenges in our modern world that will fit the bill.

## **Summed up: Why men chase women...**

Did you skip to this? I guess you're not. Just kidding anyway.

Okay, let me sum it up for you...



Men are (or secretly want to be) warriors, hunters, explorers, and survivors. And their reward for being successful, the secret of their completion, the motivation for all that male energy...is a woman.

You can say “men love to chase women” and that’s absolutely true. But it’s more than that.

Men love to chase, period. And they long to explore. They want to overcome. They’re driven to accomplish.

And in the end, they do it for the succinct, delectable rewards of a woman.

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## Keeping the Chase Alive, Every Day

So, if guys love to chase women, should you ever let them actually catch you? How do you gauge the right moment to let him wrap you in his arms and howl his victory to the world? And then should you stay “caught” or should you wriggle away, cast a sexy smile over your shoulder, and let him chase you again?

This is one of the biggest secrets of successful LONG-TERM relationships, and so many women haven’t figured it out! Do you know how to keep a man happily focused on you, and you ONLY, for as long as YOU choose?

And believe me, the woman is the one with the power here, and I can prove it:

**If a woman is the prize, and a man only gets to catch her once (and that once all too easily), he’ll go looking for something or someone else to chase.**

So you have to keep the chase going. Here’s one more way to think about it...

# What's "Dirty Dancing" Got To Do With It?

The truth is that there are really two kinds of chasing going on. The first is about capturing his interest the very first time; letting him see you as the prize he's been longing for all his life.

The second kind of chasing is a closer, more intimate sort of thing. It's for when you've already been "caught" the first time, and now you're ready to keep the chase alive every single day, in many of your regular interactions with a man.

A successful relationship with a man is one that lets him chase and catch, chase and catch, chase and catch...

**You can think of it like a really sexy Latin dance, or a scene straight out of Dirty Dancing or Strictly Ballroom.**

Because that's exactly how those dance moves work... No matter how many times you let a man swing you around and into his arms, you must keep spinning back out again, holding on but keeping that space between you, and moving those hips in that smoking-hot, come-and-get-it-sugar style.

When he steps in so close you can feel his heart pounding, you let him breathe you in, hold you close, and savour his prize for an electrifying moment, then you take a step back, and let him come to you again.

The dance keeps going BECAUSE of that constant erotic tension, that constant give-and-take.

If a woman were simply to permanently plaster herself to the man it would never work, would it?

You hold on, but you also keep the space and tension in there; it's what makes the dance pleasurable, arousing, and also incredibly beautiful. It's an art, and it takes knowing plenty of awesome dance moves, and some (really fun!) practice.

And that's what Conquer His Heart is all about. Teaching you all those fabulous moves so that you can catch his eye, and let him win your heart. Welcome to the dance, Baby!

# Part 1: Module Two

## **INVISIBLE 7 SECRETS OBSTACLE**

**The 7 Secret Obstacles that are keeping the man of your dreams from finding you and making a mad rush to win your attention**

So I told you earlier that many of the reasons you aren't getting your share of man-attention have to do with him, not you.

And in your head you might have heard some jerk telling you, "It's not you, it's me," just before he headed out of your life, leaving you standing there with a broken heart and an armful of shattered dreams.

If that's been you (or a friend of yours), I'm sorry that it happened that way. But whether or not a man uses that as an excuse for something else, sometimes it really IS him. Which isn't necessarily cause for worry, because when you understand why things are unfolding the way they are, you immediately gain power in the situation, and you can make the best possible decisions about what to do.

Sure, guys love an adventure, but sometimes they are facing challenges that they can't see, and often don't even know are there.

And even if a man does know something's blocking his path forward, he certainly doesn't want anyone to know how many times he's banged straight into that same damn wall or sucked into that patch of quicksand.

It's no damn wonder he hasn't found you yet!

But now you're going to be able to see every last thing that stands between your dream man and your heart, and not only will you be able to understand why he moves in such weird patterns sometimes, you'll also be able to clear away some of the obstacles, or at least stand where he can see you!

Here are seven of the most common reasons the man of your dreams hasn't been begging for your attentions. Know them, and you can help your man find you, keep you out way past midnight, and have him begging to see you again.

Come take a look at the secret invisible obstacle course your man is running...

## *Secret Obstacle 1*

### **He's secretly terrified**

Women have more power over men than they could ever suspect. A man would rather ask his boss for a raise while dressed only in Pyjamas than approach a woman.

I know, I know – men approach women all the time! That's because their acute sense of vulnerability around women is only surpassed by their overwhelming attraction to them.

You are an incredible creature that he desperately wants to look at, touch, and well, okay have sex with, and yet it's also true that all women are aliens to him.

You think differently, behave differently, smell wonderful, and scare the shit out of him. You have the power to amaze, arouse, and invigorate him, or to utterly humiliate him and crush his ego. It's daunting, to say the least.

Want to know the number one reason he's secretly terrified? I can tell you in one word.

### **Feelings.**

Men are all about tasks, objects, speed, toys, politics, food, friends, and sex, but they don't "get" feelings the same way you do. You are intensely complex, and while he is too, you move around in the ocean of complex feelings with the ease and skill of an Olympic swimmer. Whereas he flounders around and stands a pretty good chance of

1. looking like an idiot
2. getting pulled out by a riptide and drowning or
3. getting eaten by sharks.

Feelings don't have clear rules. They don't translate well to a flow chart with well-defined tasks and timelines attached. And that has never bothered you, but it terrifies him.

So what's a smart, sexy woman like you to do?

Easy. Don't ask him about his feelings in the early part of your relationship.

Feelings are always serious topics for a man, and no one likes to feel out of their depth in a conversation with someone new.

In fact, don't delve into any serious topics too soon. If you confess that your ex was abusive and you used to struggle with eating disorder, he's likely to run for the hills.

Instead, invite him to tell you what he thinks, as opposed to how he feels. He's likely to be eager to share with you his thoughts on the BBnaija, the kind of running shoes he just bought, the first season of Game of Thrones, or the best local film he has ever watched.

In fact, he'd generally prefer to let actions do his talking. Those tickets he got for Stomp, his willingness to wash your car for you, even the Saturday spent working on a Habitat for Humanity house – they all showcase his interior feelings more than anything he could actually articulate.

Let the feelings discussions hold until later.

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## *Secret Obstacle 2*

### **He's dying for you to take some of the pressure off him**

For generations it has been the man's "job" to make the first move. That's changing, but it's still a pretty common expectation.

And while men are keen for the game, they also get scared or uncertain about whether they are reading all the complex social signals correctly. And when they're scared or uncertain, they wait.

Which could leave you waiting.

He may be collecting data on you like an engineer pulling readouts from the launch of a mission to the space station. He noticed that you stayed late when he stayed late at work. His head turns to find you in the crowd every time he hears your crazy laugh.

The heels and stockings you wore the last time you ran into each other at a club made him want to groan with arousal. He doesn't know what drink you ordered, but he remembers you catching his eye over something in a glass, and he is continually distracted by the scent of your hair when you walk by in the hallway.

But just like with the launch of a rocket, he wants to be 200% certain that all systems are go before he finally punches your number on his cell phone.

The reason he paces and frets and asks his buddy the same question eight times in a row ("Do you think I should I call?") is that he's not sure those signals you clearly seem to be sending were for him. After all, in his mind you are lighting up the circuits of every man in the room. Why should he be so lucky as to be the object of your attention?

And here are several things you can do to help him.

Men are simple, and do best with simple, even blatantly obvious, communication. Sensitivities are not necessarily lost on them, but they can't be sure they are reading them correctly.

Be your normal sexy, fascinating self. Keep on dressing to kill, sending those sultry glances, and otherwise working your plentiful charms. But don't be silent.

Ask him outright if he has ever play Candy Crush and challenge him for the best score, even if neither of you have ever played it before.

Invite him to sit with you and your friends, and make sure he's included in the conversation (squelch as many "insider" jokes and references as you possibly can). Tell him your plans to wait in line at midnight to catch the bargains at Best Buy on Black Friday, and invite him to join you. Ask him about his favourite sports, then start planning to go with him to watch it.

It's an incredible turn on for a man when you make the first move. It not only relieves the pressure, but it confirms your interest in him. And it can be downright sexy!

## *Secret Obstacle 3*

### **He's soft on the inside (but can't let anyone know)**

Have you ever wondered why guys don't even talk to other guys about their hopes and fears?

Sure, spark plugs, second mortgages, grass seed and any number of other (fascinating!) topics are regularly worked over, but the inner life of a man is like the Pentagon – even he doesn't really know what goes on in there.

Most guys will never confide in another guy like women do. Why not?

For one, he's simpler.

Women tend to enjoy the endless complexities of our feelings, intuition, ideas, and experiences; we have entire beach weekends where we discuss them with each other.

Guys are more focused on action and tasks. The main reason for this is that they are secretly very vulnerable. They want to be strong and they want to accomplish specific things because their identity as a man is tied up in them.

Tasks are their main self-esteem measuring tool.

When they finish teaching algebra to their classroom of eighth graders they can say, "I'm a good teacher; I finished this task. I am a man." When they paint the house,

finish a report, score a goal, feed the dog, or even make love to a woman, they say the same.

What's scary for them is when the task either doesn't get finished or – in the case where it involves human interaction – is performance is evaluated. Let's say he started painting the house, but never finished. That's a tiny little negative checkmark against his manhood. A big checkmark would be if the woman he made love to thought he was only so-so in the sack.

When a woman has a bad day, she spend a fair amount of time talking or thinking through it and making everything as psychologically neat and resolved inside as she can. When she was overwhelmed, of course, she doesn't do as good a job at this, but rarely do she think, I totally wrecked that whole deal. I'm not much of a woman.

Instead she say, I'm not much of an accountant, or I didn't manage the client's expectations well, or I was too exhausted to deal well with the kids today, or whatever. But women don't think they're not a woman. Even the sound of that is ridiculous, isn't it?

But the thought that they might not be “much of a man” does go through a man's mind on a regular basis. Men are scared to death of being judged inadequate as a man, either by the list of tasks they haven't done, or by someone who hasn't been satisfied with their performance.

And as a result, they lock and bar the doors to their interior Pentagon, and don't even look at what's happening inside. They'll sometimes even avoid certain tasks at which they might fail, just because they are afraid of being considered less than a man.

To you it might sound soft. But it's really only a different kind of coping mechanism.



# *Secret Obstacle 4*

## **Flaws are loveable, perfection is creepy**

Guess what? Men don't have a "flaw-o-meter."

Yes, you and other women can tell each other with freaky precision how much weight you want to lose, whether your cellulite shows if you don't wear Spanx, and how many different hoping-for-a-miracle creams you've used on the microscopic wrinkles around your eyes.

Women exhaust themselves, focusing on that crap.

Of course they are compelled to do it because women feel like everyone is comparing them with the painfully Photoshopped 18-year-old girls in the Latest Sun's Girl Newspaper or even those ones people see in the fashion or sports magazines.

But a picture of perfection – whether it's real or not – is no competition whatsoever for a living, breathing, fragrant woman sitting next to a man at a restaurant. Or pressed slightly against him in the elevator. Perfection can go hang; you are up close and personal.

You are real. And your crooked tooth proves it. If he's noticed it at all, it's to think that it's sort of charming. But chances are, he doesn't even realize you have split ends or your blouse is not straight off a fashion runway; how can he, when your lips are slightly moist and you just leaned forward and invited him to tell you about his Yankari game reserve trip?

Even stark naked in bed he's not going to see you the same overly-critical way you probably see yourself; he's just overjoyed to be in the same room as a naked woman and you'll be lucky if he can put together three coherent words in a row because he's so excited and nervous.

Have you ever noticed that the women who seem utterly perfect are also those that men are most afraid to approach? Oh yes, guys stare, but do they approach? If a woman is drop-dead gorgeous and actually getting men, it's because she's a)

working hard to be easy to talk to and she's b) incredibly good at making the first – and sometimes second, third, and fourth – move. (See Secret Obstacle # 2.)

You can be assured that while he might fantasize about a playmate of the month, he'll take a real woman over a figment of his imagination EVERY time.

## *Secret Obstacle 5*

### **He doesn't talk like you do; men take things literally**

Cynthia had intentionally dressed to thrill, and she could tell Femi was getting her buzz.

The hot little dress she was wearing was making it incredibly difficult for him not to stare at the smooth, delicious expanse of leg on display. Cynthia slowly uncrossed her legs, shifted slightly, and crossed them again. Femi looked like he might go into cardiac arrest, she noted with satisfaction.

Their mutual friends had finally left for another bar, leaving the two of them alone. Cynthia decided she would give him Femi an opening so that he could finally ask her out.

“So, do you have anything fun to do this weekend?” she asked.

“Oh...uh, yeah.” Femi dragged his gaze away from her beautiful legs and brought his brain back to the task at hand. “Yeah, I'm working on my brother's car with him. We're restoring his old T-bird. It's a 1991, used to belong to my great-uncle.”

\* \* \*

Aaargh! So close! And yet he completely missed the invitation.

Femi was clearly interested; he was practically drooling on her; why did she suddenly feel he had been magically transported to a different planet without her?

What Cynthia should have said was, “We should go out sometime.”

**Because most of the time, guys don't hear what you're not saying. Think about that one for a second. : )**

When you ask a man what his plans are for the weekend, he will tell you, quite literally, what his plans are for the weekend. He doesn't hear your question as a subtle invitation to make some plans that include you.

**Here's another way this secret obstacle plays out.**

Women tend to talk about their frustrations as a means of getting them out so that they feel better. They also tend to exaggerate, simply because it helps them express how they feel. But a man will listen to you rant about your boss, and when you end it by saying, "I just can't take it anymore," he'll assume you're ready to quit your job, whereas you were just expressing your irritation and anger.

The way to deal with that one? When you're upset, tell him exactly what you want from him. Let him know you're just blowing off steam by saying, "Thanks for listening to my rant. Let's go out for a walk together, and you can distract me from all that craziness..."

When you want something, ask for it. When you're upset, tell him you're upset, and let him know what he can do. It's the surefire way to make sure this secret, invisible obstacle melts away and leaves the way clear for the two of you to make the magic happen.

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## ***Secret Obstacle 6***

**He wants you to be interested in him, not a lifestyle**

First off: screw your biological clock.

Seriously, take that thing, wrap it in towels so you can't hear the tick and mentally shove it in a box, then cram the box in the back of your mental closet. Whew.

You absolutely can't approach dating, romance, or love and marriage from the perspective of "I only have so many years in which to make babies!"

There are men who are interested in being sperm donors and you know where to find them. If you are looking for a man to be a daddy, you're only looking for part of a man, and I don't think that's why you are here reading this.

After all, you aren't the kind of woman who looks at a gorgeous, fresh-from-the-oven gourmet cupcake and says, Oh, I'd love one, but I'll only take the butter and baking powder. You can keep the flour, sugar, eggs, vanilla, and that marvelous lemon-cream-cheese frosting.

(Did you like that? I have more.) (But now I want a cupcake.)

Children are one part of a relationship. A very important and potentially beautiful part! But it works out best for everyone when they are the result of a strong, loving relationship rather than the sole reason a relationship exists in the first place.

So if you've been missing some quality man attention, it may be because most guys don't want to be seen as a baby-making machine, any more than most women don't want to be seen this way.

Hold on to that dream of children! Hold on. But don't put the minivan before the man.

Now let's talk about the other lifestyle thing, which is money.

Yes, money is hot and sexy and we want lots of that. I do, anyway. And yes, you will find men who dangle their big, long, hard... rolls of money out as bait in the dating game. Most of those guys are more than a little creepy.

The man you want is financially savvy, absolutely.

You understand how big a role finances play in any relationship (and especially in a marriage), and if you are already carefully managing and building your own wealth and financial standing – even if you don't count yourself as "rich" – you are much more likely to attract a man with a similar mindset.

Short-term guys are perfectly willing to parlay their Naira into dates, but do you really want to be one of a long string of bikini babes on his boat? A long-term man can smell “she only wants me for my money” a mile off, and will steer clear.

While it’s perfectly fine to be motivated by money to create the life you want (it’s awesome, actually), it’s just plain lazy to hope – and even plan — for someone else to do all the work for you.

## *Secret Obstacle 7*

### **He is insanely conflicted about sex and love**

Yes, guys want to have sex. A lot.

And it’s easy to make the snap judgement that “all he wants is sex.”

But they also want to be in love with a fabulous woman like you. They are hungry for attention and the pleasure of a woman’s respect, and thrilled to be needed.

So why does it sometimes seem that a man has to be dragged forcibly away from the driving desire to jump in the sack toward a more balanced understanding of love and commitment? Why does it sometimes feel like guys just can’t be romantic unless they’re trying to down there with you?

It’s a good question, and it has some roots in our cultural screwed-up-ness.

Seriously.

Think about how we always expect men to make the first move. Yes, I know, you have dropped the hankie a thousand times and he seems to be too blind to pick it up. (See Secret Obstacle #5, above – your “hinting” may not be particularly effective.)

But in most cases he makes the first move. And guess what? I don’t care how much he looks just like Rason Noah, D’Banji, Tuface, Will Smith, or Cristiano Ronaldo, he’s been rejected. A bunch. Boy does he have stories.

Which doesn't make him thrilled about trying again. (See Secret Obstacle #2 – he's dying for you to take some of the pressure off him.)

So lots of men try the "just friends" route for phase one of a relationship. Which lets them be close to you to find out whether or not you'll accept or reject him in phase two, where the stakes are higher.

But sometimes the safety of just being friends is too good to leave. He may not be able to screw up his courage and risk the rejection he's known and felt and agonized about before.

Add to this a man's nearly overwhelming sex drive, which can be more all-consuming than Sambisa forest.

So the sex drive is pushing him, but he's "friends" with you and doesn't want to be rejected... and pretty quickly things split into two big options: Have friends for "love," have women you barely know for sex. Thus the phrase, "the kind [of girl] you don't take home to Mother."

And of course, friendship isn't the same as love. But he tries to make it work anyway. And it sucks, because it isn't what he really wants, but it's all he has.

So when you talk about love, he's likely to feel some frustration. Especially since most women can talk rings around most guys when it comes to relational issues.

He's incredibly, undeniably conflicted about love and sex. But here's the truth:

He wants love.

He wants sex.

He's vulnerable to heartbreak and desperately wants to not be rejected again and again.

The right man is waiting for you to help him through that crazy mess to a truly loving – and even romantic relationship. After all, love is a task best shared, isn't it? And that's some of what we're going to be talking about in the rest of this book.

So now you may have at least a few more reasons why the men in your life haven't been chasing you down, hoping madly for just the slightest sign of your favour. It isn't that they don't want to, it's just that there's more going on inside them than even they could probably acknowledge.

Which doesn't have to continue to frustrate you, because there are plenty of ways to smooth the way for your man, to become so irresistible he'll be utterly unable to help himself! Before you know it, he'll be running helplessly after you, begging for your love.

Hang in there girlfriend, help is coming!

# Part 1: Module Three

## Burn Your “Perfect Man” Checklist

If you have read any of the Law of Attraction stuff, we need to chat for a sec.

Those programs can be awesome, but in this case they might just bite you in your very delicate and attractive emotion. That’s because they tend to teach that you must envision every last aspect of the man you dream of, then wait breathlessly for the universe to deliver him to you. I.e. “you get what you wish for, and you should be really, really specific.”

Now I know you have been carefully building up your dream in your head – who doesn’t?! You know exactly what kind of man you want, and while you don’t exactly write his name in your notebooks like most ladies did in grade school, you probably have a “Perfect Man” checklist in your head, if not on a bulletin board, the front of your fridge, or in your journal.

When most ladies think back to how many of these were created back in the day... Whew! They all said one or more version of the same old thing: Honesty, sense of humor, nice smile, intelligent, sensitive, romantic, financially secure, blah blah blah for at least 50 more lines.

And don’t even get them started on those kinds of lists inspired by romance.

**There are hundreds of guys out there who could totally melt your heart and charge your battery at the same time.**

Honestly! The Perfect Man list is not worth your energy or focus.

Your focus should be way, way bigger than that.

Let me explain.



Here's secret number 2 (related to the plenty-of-fish-in-the sea truth, above)...

**All those men? They're all curiously, wonderfully, astonishingly different, and changing every day.**

Just. Like. You.

In other words, they aren't necessarily going to match your Perfect Man checklist, because your Perfect Man checklist is just too small to contain the fabulous variety, excitement, passion, and adventure that the men of the world represent.

Writing a Perfect Man checklist is like asking the universe for a juicy red apple before you even realize that you might actually prefer to enjoy a fragrant, luscious strawberry. Or a heavy, stripey watermelon filled with sweet deliciousness. Or a succulent, exotic mango, papaya, guava and so on.

Truly, think about how different your personal profile is on Facebook than it is on a job application. Both of which would be different than what your mother, your high-school boyfriend, or your BFF would say about you, or the descriptions your grouchy neighbour down the hall or the jerk who ran into your car at the traffic light have for you. All of which are different from what you'd write for a dating website.

Hell, for that matter, you may have written half a dozen profiles for dating websites, and they sound like half a dozen people.

What does any of that really say about the True You?

You see what I mean? No single profile can genuinely Capture the real you, so why would you expect it to Capture the real him?

Take this opportunity to lovingly smooch those lists and tuck them inside a diary or keepsake drawer and don't touch them again until your grandkids find them and you can get a good smile out of the whole silly thing.

I know, I know: I titled this section "Burn your 'Perfect Man' checklist, then stomp on the ashes..." but that feels a bit extreme, perhaps. (Although if that feels like an inspiring thing and you want to do it, go for it! I'll loan you my lighter.)

Meanwhile, let's get on to more good news.

'Cause there's plenty!

## **Becoming the Intoxicating Woman that men will desire (and other women will envy)**

Okay, we've talked already about why men love to chase women and we've gone over a few of the reasons the man of your dreams hasn't yet found you and made a mad rush to win your attention.

But here's the kicker: no matter how many Secret Obstacles lie between you and him, YOU have the majority of the power in this situation.

Hot damn, woman. This is gonna be sooo sweet for you.

There is SO much you can do to become the intoxicating, fabulous woman that LOTS of men will desire. Even this little book/course is just a handful of yummy little cupcake sprinkles in a giant mason jar filled with them.

How will it feel to have guys competing for your attention?

How awesome will it be to actually have to CHOOSE from among the guys who are hoping and begging for your attention?

What will you say on your ninetieth birthday when you look back on the life and love you happily chose, and happily enjoyed?

That's what I thought you'd say.

So here's the thing I want you to do.

Take a deep breath, exhale, and promise yourself these three things:

### **1. The past is past.**

Nothing that has happened (or that has NOT happened, as the case may be) in the past is going to adversely impact where you decide to go now. Mentally draw a line in the sand, step over it, and tell your past to stay put. If anything, the issues, problems, experiences, and stories in your past will positively power your path for the future, but they are not going to stop you from going where you decide to go.

### **2. I am filled with power.**

And I'm not saying this because you have the muscles of a ripped and glistening bodybuilder (although if you do, that's pretty cool!). I'm saying it because not only are you born to be a strong woman, you have other strong women to model yourself after, learn from, and lean on.

Every woman needs a constellation of role models, mentors, and friends. Who is in yours?

These women don't have to be real (think Wonder Woman, Omotola, Ellen Ripley, , Sarah Connor), they don't have to be still living (think Dora Akunyilli, Onyeka Onwenu, Rosa Parks, Cleopatra, and Catherine the Great), and they DEFINITELY don't have to be perfect (think your favorite aunt, a wonderful teacher, the coach who was there at just the right time in your life, or a girlfriend who has been there for you through thick and thin).

Spend a few minutes mentally naming some of the amazing, powerful women in your "constellation of support" and say to yourself: I am strong. I am powerful. I have control in my own life and the lives of others. Watch out, world!

### **3. My future is going to be beautiful.**

Because it is. You have the power to make it so (see #2 above). You already want a beautiful future, or you and I wouldn't be talking right now. That's right, you may have THOUGHT you were behind on the path, but you aren't! You're ahead. And it looks even better up there, just through the trees, where the sunshine is beaming down through the leaves on your picture-perfect path.

I'm not saying everything will always be easy; you're far too intelligent to buy that line anyhow. I'm just saying that you are incredibly powerful, and if you want it, the beautiful future you desire is waiting... I can't wait to see you grab it.

# Part 2: Unleashing Your Inner Siren

## MODULE ONE

### How to Awaken Unsettling, Primal Urges in a Man

How to be the most incredible, compelling woman in the room (and attract the most potent men)

You can get engaged today.

You read that right. You can actually, literally, truthfully get engaged today!

Of course I'm not talking about a diamond ring on your finger, I'm talking about exactly what that diamond ring traditionally represents. ENGAGEMENT.

When you wear that ring, it means you're committed to a relationship with a man.

A woman gets that ring because she's animated, energetic, and overflowing with INTEREST in the man and the people and experiences that surround her.

To get engaged today, you're going to be vibrantly, exuberantly involved with the world around you. Particularly with the men around you. Life attracts life! Energy draws energy. The more engaged (there's that word again!) you are with men, the more they will be drawn to you like iron is drawn to a powerful magnet.

In fact, the more powerful your magnetism, the more strong, potent, and sturdy men you will be drawing to you.

Little magnet, little men. Strong magnet, strong and exciting men.

You're gonna be incredible, just wait and see. (And it won't take long...!)

It doesn't matter how many opportunities you've missed by walking through your life without actively engaging with the men you encounter every single day, because guess what? You get a brand new, sparkling and delicious day first thing tomorrow

morning! (Also you promised to let the past be the past, just a little while ago in Part One. That's another reason why it doesn't matter.)

You may have put a lot of energy into wondering why you haven't had the man-attention you want and deserve, but now that's going to change. Now you're going to take all that energy and power, all that fuel and spirit and cheerfulness I know you have... and pour it into engaging with men.

## **SECRET INSIDER TIP ABOUT MEN, BEAUTY, and ENGAGEMENT:**

Here's a big, fat secret that can mean ALL the difference as you start your new practice of getting engaged: **every single man in the world (bar none) is more attracted to a woman who makes him feel good than they are to a woman who may look phenomenal, but who has absolutely no interest or engagement with him.**

Of course he will drool over the Miss October (And Miss December, Miss January, and so on). Of course his head wants to snap around when the hot young waitress in the micro skirt and with hot leg past. But he will fall in love with the woman who makes him feel like a man; the woman who is interested in him and wants what he has to offer her.

It's time to get engaged, girlfriend. It's time to actively seek out the men in your universe and start expressing some interest in them.

Have fun with this! Don't just save your engagement for the tasty morsel who runs by your apartment every morning on his morning miles.

Be friendly with the teenager at the newsstand, the elderly fellow at the library, the geeky guys in IT, the school crossing guard whose post is on your walk to the coffee shop, and (yes) the sexy teaching assistant in your engineering course.

Put your attention on the men. Lots of them. Flash your smile, say howdy, and intentionally radiate your light and open intention for good into the hallways, parking lots, conference tables, elevators, sidewalks, shops, clubs, dinner meetings, crosswalks, check out counters, and front desks of your life.

Participate.

Don't let your thoughts be dragged into negative self-censure (I forgot to drop off the dry-cleaning, there's no way I can finish this project by the deadline, this car repair is going to kill my budget for the month, this blouse makes me look chunky, blah blah blah).

Resist the desire to dwell on what you don't have, and instead look around you and consider the possibilities that are walking by and talking to you every single day!

Possibilities that you can make into reality, if you choose to.

Being the most incredible, compelling woman in the room begins with being active and alive, being engaged and interested in the people around you.

Every time you speak kindly, encourage someone, or smile and ask friendly questions, you're opening doors to possibilities for your future.

Men CANNOT RESIST that kind of engagement. And why would they want to? It feels wonderful to be noticed, to be seen and found interesting!

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## **SECRET INSIDER TIP for AMPING YOUR ENGAGEMENT:**

**And here's my all-time best insider tip for seriously amping up your engagement: Ask powerful questions.**

In other words, in addition to smiling and being alive and interested in the men around you, start thinking now about what kind of questions you can ask a man that

will be an open invitation to a REAL conversation. Something that actually makes YOU stand out in a crowd, and keeps him from ever forgetting his encounter with you.

You've already done the hard part – simply by waking up and engaging with him. Now you need to turn the key in the ignition, then stand back to see how his engine roars into life.

Sometimes, all you needed might just be three powerful questions, and you'd very quickly snagged the attention of a guy you'd never even met before.

**“Do you remember where you were...,” “Were you ever inspired to...” and “What would you do...”**

There's an art to asking powerful questions, but it's easy to learn and it instantly creates connection. Asking powerful questions could benefit you in many areas of your life, from business to relationships.

Be sure to download the read through the Powerful Questions worksheet so you can start using this very simple tool today to massively amplify your engagement.

Soon you'll be the most compelling woman in the room, drawing the most interesting and potent men.

**Don't Forget to Ask Me About The Powerful Question Worksheet.**

**I will send it to you immediately you ask for it.**

I purposefully not included it here, so as to know those who are actually following through this course and are ready to turn things around.

# Part 2: Module Two

## Wake Up Gorgeous: 8 Hours to “Unbelievably Sexy”

You have a plan for engagement. You could just get out there and work that plan and watch the men in your life come running.

But you want something more, and I think you deserve to have your cupcake with rainbow sprinkles and a cherry on top, and eat it too. With no weight gain.

And here’s how you can get it ALL, and keep it for as long as you like.

The ultra-awesome part is that you’re only going to need a single day, and not even the entire day. **Actually, you’ll be sleeping the entire time.**

Sound good? I’m sayin’!

### The “Sleep On It” Technique

Here’s how it looks: I’ve split the next section into 8 parts. Go through and take in the lessons (or skip around and do only the ones you think you’ll need the most), then tonight, when it’s time for bed, write down on a slip of paper –the Wake Up Gorgeous “reminders” I’ve included for each of the sections.

Take time to review each reminder, and the lesson it contains. Then, when you go to sleep – and you should plan to get an 8 hour rest if you can – tell yourself that you’ll be taking in these tips, one lesson during each hour your brain and body are at rest.

You need your conscious AND your unconscious mind working together on this so that you’ll be absolutely unstoppable.



Sleep plays a critical role in memory, and even though your waking mind may have taken in some new information very comfortably, your sleeping brain takes what you've acquired and consolidates it into your subconscious as well, so that when you wake up, you not only feel refreshed, you also have all your new learnings and attitudes firmly secured so that you're ready to put them into play.

And just so you'll know, I'm not giving you anything you don't already have. When I titled this "Wake Up Gorgeous," I meant for it to be a wake up call to the inner beauty and confident woman you already have hidden away inside you.

The "Gorgeous" in that title is YOU!

I'm just helping you wake her up and get her ready for all the attention she's about to receive... Because it IS coming, and you need to be ready.

**Another fantastic way to make this 8 hour Wake Up Gorgeous plan work for you.**

Let's say you have a major date coming up, and you need to "tone up" your mad Make Him Chase you skills.

Go through the 8 lessons, choose the one (or two) you most need to focus on, and schedule yourself a power nap.

Write your message to yourself on a sticky note, read it with firm intention right before you head off to dreamland, and let that message soak in while you sleep.

When you wake up, you'll be primed and ready to be your undeniably gorgeous man-magnet self!

Ready? Let's do it!

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## **HOUR ONE:**

The single sexiest thing you'll ever wear (and it's not what you think)

Attitude is everything.

If you're going to radiate wholesome, authentic sex appeal, you need to send your insecurities packing, pronto!

The single sexiest thing you'll ever wear – both in and out of the bedroom – is confidence.

### **The Catnip Principle**

I have a little patch of catnip that I planted at the edge of my garden. I get a huge smile out of watching the cats in the neighborhood find it, because I always get a show.

They sometimes seem a little startled when they first come across my little slice of kitty heaven, but pretty soon I'll see them rubbing themselves against it, hopping delightedly through it, chewing off a leaf or two and tossing it in the air!

A woman's authentic confidence is like catnip for men.

It sends them just a little bit happy-crazy! They can't help themselves – they want to be near you because you make them feel... relaxed and zippy at the same time! They are drawn to return to you again and again, for that fresh hit of energy and joy that comes from just being around you.

Crazy but absolutely true!

Ever known one of those women who is the one everyone wants to be friends with? EVEN THOUGH she may not have been a great beauty? The reason people like her, the reason men and women (probably kids, too) flock to her has little to do with her looks; it's primarily centered in her positive, shining attitude. Her confidence.

The Catnip Principle means people – men in particular – are going to invent any reason they can think of in order to simply be around you. They probably won't even understand WHY they're so attracted to you, but they will be!

### **The simple key to unlocking your confidence**

Do you have a voice of inadequacy that runs a constant stream of negative comments in your head? Unfortunately, many of us do. But half the battle of kicking out that little devil and locking the door behind her is to begin by knowing she's there.

Do you have trouble accepting a compliment?

Do you sometimes crack jokes about yourself that point to a poor body image?

Do you slouch, walk quickly, keep your arms crossed over your chest, or hide yourself in clothes that don't fit well?

Do you "fish" for negative feedback? (Do you think I should stop wearing tank tops because of these flabby arms? Be straight up with me, I can take it.)

All of these things reinforce negative and unhealthy thought patterns. The simple key to unlocking your confidence is to stop the self-critical chatter that goes on in your head.

## Here are 8 tactics that will help you put the stop on that sneaky, self-destructive little devil:

- **Hire a mental lawyer to debunk each (tired old) self-critical argument your inner critic puts forth.** When your inner bitch launches one of your body-confidence bombs, let your inner lawyer calmly and firmly refute her claims and back it up with evidence to the contrary. Or let her rip it ruthlessly to shreds. Whatever it takes.
- **Start wearing gorgeous underwear.** The clothes nobody sees can be your secret weapon! Just knowing how undeniably attractive you are underneath it all can be precisely the boost you need when taking on your inner critic.
- **Make a mental "sexy scrapbook."** Make a list of all the "hot body" attributes you have, and when you're feeling down on yourself, go back over them and remember how many assets you really do rock!
- **Practice your "Honey and Cream" walk.** Put some sexy into your swagger. Be the most delicious thing on two feet. Unhurried. Liquid. Womanly. Walk like a million bucks, and the world will turn to watch you pass!
- **If you think your inner critic knows something you don't, take time to carefully consider her charges.** Are you feeling frightened or uncomfortable with something in particular? Be willing to take an honest look at things you need to change, and tackle them head on.

- **Sleep naked.** Get comfortable in your skin. Check yourself out in the mirror after a shower, and make your own sexy catcalls. (Ooo, Sugar Mama. You're lookin' smokin' hot today!)
- **Accept your props.** When you get compliments, reply with your thousand-watt smile and accept with grace and pleasure. The more you do it, the more you'll begin to understand that you really do deserve them!
- **Don't be critical of others, either.** The more you get in the habit of looking for and emphasizing the sexy, gorgeous, sunny goddess in yourself, the more you'll do it for others as well. Don't damage your positive mindset with inward OR outward-focused negativity.

The beautiful part about the sexiest thing you'll ever wear is that your own confidence is perfectly unique in the world.

No one else has it! Just you. And when you wear it like the sheerest, most luxurious gown hot off the fashion runway, you will be a complete original. No one can duplicate what you have, although many will want to.

## Wake Up Gorgeous: Hour 2

### Treating yourself to sensual pleasures

Tell the truth.

Do you spend the great majority of your time taking care of other people, or doing what other people want/need/hope you will do? Being responsible, handling work stuff, schooling, budgets, tv, internet, cleaning, texting, shopping, whatever whatever whatever until you topple into bed each night?

Babel, you got to take care of yourself, too, or you'll spiral down into the sad, gray place with no ponies, grass, or sunshine.

When is the last time you really indulged yourself? Truly. Treated yourself to a completely random joy like a really juicy beach novel, read on a park bench while you enjoy succulent orange sections, spicy radish roses, long carrot curls, palatable dishes that you carefully prepared for a solo Saturday afternoon?

There are so many delicious sensual treats you can try out. Start treating yourself once in a while and wake up your inner lush with the glorious delights of sheer, physical pleasure.

It takes some time and planning but SO DOES EVERYTHING. Everything except mindless zombie.

My woman favourite sensual treat is a pedicure. The place she gets herse done goes all out to pamper her: a glass of wine when she come in, mood lighting, and the faint aroma of incense.

She choose her new nail polish colour and relax in a massage chair with her feet in steaming, scented water. A wonderful woman comes and cleans, polishes, and otherwise tends to her tired toes, and smiles as she'll nearly fall into a swoon over the standard 20 minutes of foot massage.

All this, and ten bright, polished toenails for N5,500; you just can't beat that. Take a romance novel and double your pleasure.

What do you love? What do you find to be sensual, arousing to your spirit, or nourishing to your soul?

Skinny dipping? Hot wings and a local craft beer? An evening in a jazz club?

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**Here are 40 more ideas for turning yourself into a sensuous pleasure pagoda and maintaining your healthy, sexy inner grin...**

- Take a ballroom dance lesson.
- Sleep naked.

- Bake cupcakes.
- Go see a play in your community.
- Buy some thigh-high stockings. Wear them!
- Try silk sheets.
- Work in the garden.
- Sleep in. Watch cartoons. Eat your fave kid cereal.
- Turn off your cell phone for a day.
- Wear a corsage all day.
- Give yourself a homemade facial.
- Visit a blues club.
- Spend time in the library.
- Enjoy a glass of wine.
- Learn to do a cartwheel.
- Make yourself a necklace at a bead shop.
- Ride up and down on the escalator.
- Get a mani-pedi.
- Enjoy some exotic, luxurious chocolate.
- Wear feather earrings that tickle your neck.
- Read an erotic novel.
- Visit the planetarium, or an observatory.
- Start a yoga class.
- Buy yourself a stunning bouquet of flowers.
- Take a bubble bath. Light candles.
- Buy an entire bag of fortune cookies.
- Go rock climbing.
- Do kegel exercises.
- Perfume your sheets.
- Volunteer in the kitten room at the shelter.
- Make yourself a pillowcase with fabric you love.
- Hang a string of novelty lights.
- Subscribe to an inspiring podcast.
- Sunbathe. Keep a vodka lemonade at hand.
- Go to the zoo or art museum.
- Take a blanket out to the park during a meteorite shower.
- Wear fairy wings.
- Bake a loaf of homemade bread. Eat with real butter.
- Teach yourself a card trick, or learn to juggle.
- Attend a concert.

It's time to do something for YOU. And don't forget to stir in a liberal dose of peaceful, renewing rest.

# Wake Up Gorgeous: Hour 3

## Beef up your “body odds”

Okay, projecting a sexy, unrestrained confidence is a brilliant way to begin. But you can ALSO beef up your “body odds” so that when he encounters you he gets the kind of one-two punch that leaves him breathless. In an awesome kind of way.

Check out the Thriller Three below: surefire tactics for ensuring he can think of absolutely nothing else but you, you, and also... oh! You.

(And don't forget, your Wake Up Gorgeous note will be waiting for you at the end.)

### 1. How to seduce a man using only your eyes

We talk about men as breast men or leg men or – I'm just going to say it – ass men. Meaning that's the body part in women they are most likely to hunt for, watch, appreciate, and salivate over.

By the way, most women are butt watchers. Tell me I'm wrong. You can't, can you? Heh.

**But the real truth is that your most powerful body part you have is your eyes.**

Girlfriend, you can SO put the move on a man with your eyes, just like a man with a direct gaze and a slow smile can melt you where you stand.

Here are a few power moves for attracting and seducing a man using only your eyes...

- **The Intense Gaze**

This is a tactic that is totally unsettling and arousing to a man. People who are in love look at each other for longer periods of time than other people. When you look at a man, gaze at him slightly longer than you normally would. This has the effect of making him think the two of you are already connected.

- **Bedroom Eyes**

When you look at something you really like, your pupils naturally expand.

Physiologically this happens to let in more light so you'll be able to really see what you're looking at. It's particularly noticeable in dim lighting, when your pupils expand anyway, but combine the two – something you really want to look at, and dim lighting – and you can see why this sexy, liquid gaze got the name “bedroom eyes.”

To make your pupils expand when you're looking at a man you don't intimately know yet, keep your eyes locked on his most attractive facial features. Think arousing thoughts, like how much you might like to see him in the shower, or what he'd look like with that shirt ripped off of him. Sexy, no?

- **Visual Tour**

You've probably experienced having a man take a visual tour of your body. Now you can turn the tables on him and have him thoroughly rattled by taking your own visual voyage. Keep it in safe territory at first, concentrating on his facial features. Then make a few little side trips. Collarbones, shoulders, pecs. Careful around those hips. You may see evidence that your tactics are intensely effective! He'll hardly know what hit him.

## **WATCH OUT FOR THIS SNEAKY PITFALL!**

You may find that in a room crammed to the gills with guys, you'll be able to lock eyes with any man there EXCEPT the one you're most attracted to. I know, hate it when that happens.

Give yourself a mental check – are you avoiding giving him the clear signal that you're open to his attention? Suck it up and MAKE yourself do it.

You can congratulate yourself when he's panting at your feet. You powerhouse mama, you.



## 2. 19 body moves that leave men wonderstruck

To let your body tell him what you think, from his very first sight of you, you need a few of these moves in your arsenal. But be careful woman, because they pack a ton of power in the tiniest possible packages.

What's especially fantastic about them is that even though YOU are making the first move with these little come-hither bombs, guys think that because they respond (even though their response may be almost involuntary) THEY are the ones acting in the situation.

God bless the male ego.

Here's the down and dirty list. Some are subtle, others are blatantly hot and sexy. Choose at your discretion, and don't blame me if you try them and they work far too

well.

- Beam him your thousand-watt smile
- Send over short darting glances from the corner of your eye
- Brush up against him "accidentally"
- Lick your lips (while making eye contact)
- Gently bite your lips (while making eye contact)
- Touch your exposed neck, or run a finger along your naked collarbone
- Tilt your head at him and grin wickedly
- Let him see you dancing alone to music – this works whether you are in a music venue or are listening to music on your headphones
- If you're sitting next to him, slowly and deliberately slide your chair closer
- Run your fingers slowly through a lock of your hair when he is looking in your direction
- Do your "Honey and Cream" walk (liquid, slow, with hips!) past him
- Inhale deeply, then release your breath slowly while looking at him and barely smiling
- Point to a chair and invite him to sit with you
- Slowly uncross, then recross your legs while looking at him
- Lean slowly toward him and put your elbow on the table, hand in chin while looking at him (then smile!)
- When you know he's watching, shimmy a little in your seat
- Inhale deeply and audibly through your nose as he passes you, let your head turn to follow him
- Let him see you visually checking him out
- If you're sitting near him, allow your feet to touch his feet

Be courageous in letting your man know you're in range and interested! Remember, guys are far less complex than you are and they absolutely rely on clear signals. So something that feels clear but subtle for you may be totally missed by a man.

### **3. Looking mint-fresh, smokin' hot, and eyeball-popping scrumptious (every day!)**

How you look has EVERYTHING to do with how you feel. So if you're spending your time slouching around in raggedy tee-shirts, clunky shoes and "day three" (with no shower) hair, you're hardly going to feel like the most tempting treat in the exclusive bar at Lekki Phase II Club.

You don't have to dress provocatively or inappropriately for your age and taste, but you do want to feel like you are fresh, clean, and utterly irresistible. Because that makes him feel the same.

Think of it like dating yourself – what can you do to make YOU feel wonderful and attended to?

For my woman and Madam Aniekan, it starts with a pedicure.

#### **Here's what Aniekan said....**

*See, I used to think my feet were my single ugliest body part. I wore heavy, ugly shoes – never sandals! – and tried to pretend my feet were a necessary but unfortunate liability. What a terrible mindset! Now I know ALL of me deserves to be treated like a queen, so I begin with my feet.*

*I pay for a pedicure (it's a budget line item for me, honey!) every single month and I have plenty of lovely sandals and strappy, sexy heels because when I spend that much time and*

*effort on beautiful feet, I somehow feel like the rest of me can and should be regally pampered, cared for, and beautified as well.*

Take a whole body approach. Make sure to love yourself by eating healthy and taking time to get the exercise you want and need. Keep your legs shaved, your skin moisturized and glowing, and your hair and face clean and beautiful.

Toss out or donate to the thrift store the ugly, shapeless crap in your closet that you makes you feel frumpy, out-of-date, and miserable. Including those granny panties. (Do I need to say that twice? Hahahahaha...Lol)

Learn to make sugar scrubs and mud masks, indulge in bubble baths and nail polish – all the “girly” things that make you feel even more fabulous.

It’s unmistakably attractive when you are healthy and beautiful inside and out!

# Wake Up Gorgeous: Hour 4

## How to make conversation like you're making love

So far we've been talking about your moves. Now you'll need to tune your attention to his reactions.

Talking to a man is like having sex with a man. Think about how you'd be with a new lover.

If you want to know how he's experiencing your attentions, you could gently ask, "Do you like this?" "Does that feel good?"

OR, you could watch for clues. An sudden indrawn breath when you put your mouth here, or an involuntary groan when you stroke your fingers there.

It's the same with making conversation. Well, almost the same!

## First: Watch his body language

If you did Hour Two, you already became attuned to your own body language. What does his say in response?

- **Is he maintaining eye contact?** Eyes flickering to other things mean he's probably bored with the topic of discussion. Change the topic and see what happens.
- **Is his face lively and animated?** If not, and you've tried everything you know to draw him in, he may be a dud, and you'll be better off ditching him now. You want a live one! Those are the keepers.
- **Is he leaning toward you?** If he leans back out or steps away, shift your own tactics immediately. Pull out one of your powerful questions and see if you can get him re-engaged.
- **Is he toying absently with a bar napkin, paper clip, or coffee spoon?** This indicates thoughtfulness; you're getting him to really think about this!
- **Is he facing you straight on, leaning in, no arms crossed?** This is one of the most receptive positions you can find him in. Make your move and invite him out!

## **Second: Look for conversational “Sugar Spots”**

As you explore a new lover’s body, you would note what spots (ears? Inner elbow?) really make him buzz when you stroke them. Those are tasty little sweet spots that you’ll mentally catalogue and go back to, right?

You want to do the same as you chat. Look for anything that gets a little jump of a reaction from him.

You might discover that he has four older sisters, for example, and if he tells you that and makes a rueful face, you’ve just found a Sugar Spot. Tease it a little more and see what happens.

For example, you could ask, “Which one was your favourite?” Or, “What would have changed if you’d been the oldest?” Or, “Did you ever wish you had a brother as well?”

In conversation as in lovemaking: Always be looking for the Sugar Spots!

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## **Three: Avoid The “Back To Me” Trap!**

It’s so easy to automatically respond to a Sugar Spot by immediately launching into your own story. When he tells you that he has four older sisters, don’t instantly tell him how many sibs YOU have (and what you think about them all).

Part of catching him completely off-guard and making him wonder why he’s so drawn to you is in giving him plenty of the conversational spotlight.

By nature, women tend to share conversational ground much better when they are talking with other women. Women are naturally more relational. Guys are not nearly as good at this, so it’s up to you to control the balance.

Give him plenty of pleasure from those Sugar Spots when you begin. He will never forget it how good it feels when you invite him to share more about himself. It will be a treat he comes back for again and again!

## Four: How to turn that dratted “weather we’re having” into pure conversational gold

Sometimes conversations find themselves on the oldest ground of all, the weather. You need to have several powerful questions already on hand to deal with this one. You might be amazed at how well these work at turning a boring I-don’t-know-what-to-say moment into pure gold.

I’m gonna give you a few for multiple weather conditions, and after you look at a few you’ll see how it works. You simply take the weather cue, then turn it into an interesting gem with your question...

Jude: Well, it looks like it’s going to rain.

Shade: It does, doesn’t it... Did you ever get caught in a really scary storm?

Jude: Oh yeah. Once in the village, when I was still growing up.

Shade: Really? What did you do?

George: I can’t believe this great weather we’re having.

Cecelia: Would you live outdoors year-round if you knew you’d have weather like this every day? No house, no tent...

George: Hmm. Maybe, yeah.

Cecelia: What stuff would you be glad to get rid of? (Or, What would be hard to give up?)

Okoye: It’s freezing outside.

Chioma: It is. I can think of several warm and steamy places I’d like to go. Where would you like to be?

Chinedu: The temperature is supposed to drop again this week. It may cool.

Oluchi: (leaning forward): I bet you’re right... If you could magically be awesome at any winter sport, what would you choose?

Azeez: Man, it’s hot out.

Amina: (shimmying in her seat): Mmm, it’s perfect weather for skinny dipping. Have you ever been?

Kola: Kind of warm out today.

Kemi: I love it like this. What's the farthest south you've ever been?

Kufre: Crazy weather, huh?

Eseoghene: (letting her feet touch his under the table): If you were in charge, what weather would you give us right now, and why?

Notice how you can combine your powerful body moves to increase the intensity of your questions. Easy like break and butter.

# Wake Up Gorgeous: Hour 5

## **Empathy, encouragement, and admiration: why men can't get enough**

This section is probably the easiest and most intuitive of all seven, and I'm going to give you a great picture to remember it by... You'll never forget it 'cause I'm going to put it on your Wake Up Gorgeous sticky note. Read on!

Most men feel constant pressure to perform well in their work and lives. They are slogging away every day to make it through the obstacle course and they often feel that no one notices. But what's worse than no one noticing is when people are actively criticizing every step of the way.

A man is not going to hook up with a woman who tears him down. He needs someone who is on his side, a part of his team.

Here's a great way to remember how to empathize, encourage and admire... (and it can be encapsulated in one, tiny little word!)

Have you ever belayed for someone climbing a rock wall?

A good belay partner is an invaluable asset, which is exactly what you want to be.

A belay has to respond reliably to the movements of the person climbing, taking up slack in the rope when they make forward progress, or carefully letting it out when they need to shift down.

It's very like the dance of empathy, or identifying closely with, and responding to, what he's feeling.

A belay also calls encouragement when a climber gets stuck, slips, or begins to tire. And of course, congratulates them on the successes.

"That's a hellish passage." (empathy)

"I think there's a handhold just over than ledge, about two feet to your left."



(encouragement)

“Awesome. You made that passage work on arm strength only.” (admiration)

You don’t have to overdo it, of course. And you also want to keep it sincere. No fake compliments! They just devalue your other reactions.

The real trick here is to remember to make the principles of good belay a regular part of your interactions with men.

**Consider this:** when we are getting ready for a massively hot date, we spend a lot of time getting dressed and ready, and it feels great when a man takes note. In fact, it’s almost a standard expectation that he’ll say, “Wow, you look incredible in that dress,” or something similar.

But often we forget to give him a little positive feedback, too. “Mmm, you smell delicious,” would work nicely. Or “I love a man in a tie.” Or “Sexy shirt. Makes your shoulders look...” (You don’t always have to finish your sentences. Let him fill in the blanks!)

We dig that stuff. They do too.

# Wake Up Gorgeous: Hour 6

## **Stun him by naming (and understanding) his most secret needs, fears, and desires**

If you are a confident woman who is filled with life and energy, you will already have much of what attracts a man and keeps him circling your yard like a love-starved golden retriever.

And the more you know about what really drives him, the more he'll be begging for your attention. Because it's a basic, driving human desire to be known and (still) accepted.

There are at least six forces of nature at work within a man.

1. He loves an adventure, and the thrill of the chase
2. Deep down, he's afraid of failure
3. He's very much driven by hormones
4. He desperately wants to feel needed and admired as a man
5. Most of the time, he's very task/goal oriented
6. He's bad with expressing and understanding complex feelings

Once you start to understand the forces that are driving men from the inside, you can make them feel like out of all the women in the world, only YOU really understand them.

They'll be yours forever!

## **Adventure and the Thrill of the Chase**

There's an inherent trap in this one, and you definitely don't want to fall into it. It's called "forever playing hard to get."

On the one hand, your time and attention should not be so easy to win that he doesn't have to do ANYthing. But you don't want to act completely disinterested and unimpressed (unless you are) with the efforts he makes to win your glance.

The key is in balance.

Enter the game with all your heart, but do remember that it's a game, and most of the fun in a game is in the playing of it! Don't just bow in surrender the instant you sense his interest.

There's no chase if the quarry can be instantly caught.

And keep the adventure alive! Choose interesting, even edgy things for the two of you to do. What could the two of you do together that would get your pulse racing?

- See a scary movie.
- Try an unusual food together.
- Join forces in a co-rec game of flag football.
- Visit a volcano.
- Share a picnic at a dam, reservoir, or on a beach jetty.
- Toss pebbles off a bridge into a rushing river.
- Take a sailing lesson together.
- Join an urban scavenger hunt.
- Visit the aquarium at shark-feeding time.
- Sneak onto the roof of a high-rise building.
- Get tickets to the races.
- Plan a movie (or other semi-public venue) make-out session.
- Watch a boxing match together.
- Swim with the manatees.
- Take him to the shooting range.
- Travel to a place with breathtaking aerial vistas...

You get the idea!

# Fear of Failure

Of course, everybody fails at something. It's simply part of the process of working at a task, learning a skill, or being part of the human race.

Men have a lot tied up in this one. They were brought up to believe that they needed to have full control and mastery over the outer world of action and accomplishment. They are expected to control things, as well as fix them when they're broken.

Growing up, how often did he hear things like:

- You lifted that big, heavy rock; you're so strong.
- A base hit! Good for you.
- Dad needs you to help carry in all the moving boxes.
- Look at you, you put that entire puzzle together.
- You are such a fast runner!
- Son, while I'm gone, look after your mother for me.
- Wow, you made a spaceship out of your legos!
- Please help your little sister. She's not as strong as you.
- Great! You helped me fix that sink!

They are expected to be masters, controllers, and fixers. Boy's games seem to reinforce that outward mastery: Balls, building blocks, tools, games, toy soldiers, races, action figures, toy cars and model airplanes.

They grow up basing their self-esteem on their aptitude with these things.

This also makes it hard for guys to say "I'm sorry," because that would imply that they failed at something or did something wrong. Likewise, they tend to resist reading self-help books, and are often reluctant to see a therapist or counselor for the same reason.

There are several things you can do to avoid triggering his defense mechanisms or his "I failed" response, and instead make him feel like a successful man in every way.

## **1. Learn what he's really good at, and call on those skills.**

My man is a math god (Ms Aniekan talking here...); there is no math he does not naturally desire to master, or at least explore. He's also a game and puzzle fiend.

When we were in college, I asked him for tutoring as often as I could, and frequently set up study dates where I could invite him to help me. I also phoned him excitedly when I did well on a math exam or quiz. He was as proud as a cat with 8 smart kittens and a dish of cream to boot. And he was eager to teach me more. (Much more, and it had little to do with math, hah!)

## **2. When things get emotional, give him some life-preservers to hang on to.**

Don't expect him to swim in the same ocean you do without a little extra help.

Try setting a time limit on emotional issues. Tell him "We can talk about it for half an hour, before we head out."

- Give him some breathing room. Try offering a day or two of space. "How about we take a look at this again tomorrow?"
- Don't exaggerate when you're upset. Women tend to dramatize our feelings, which has the effect of a giant ocean wave crashing over a man's head. Try to keep the drama and exaggeration to a minimum and you may find your troubles are more easily solved.
- Tell your man exactly what you want from him. If you only want him to listen, and you don't need him to solve your problem for you, tell him! If you want him to hold you while you cry, let him know. Don't make your man guess, or he'll feel unable to be successful.

## **3. Give him specific metrics so he can measure his success.**

This means letting him know specifically what things you would love to have him DO and BE for you. In other words, find ways to regularly measure what you want out of the relationship, and give him goals and tasks to accomplish.

For example, if you want him to choose the restaurant for your date, let him know. Then give him feedback like, "That was the perfect little spot! You knew how much I love Calabar food!" or "I had a great time at the International Food Festival! I'm so glad you took me."

If you like it when he drives, hand him the keys. If you prefer quiet experiences together rather than dates in noisy, crowded arenas, don't make him guess. Let him know and praise him for making your time together intimate and romantic.

Don't hint around that your birthday (or another big event) is arriving soon, tell him outright that you can't wait to plan something special together for the big day.

Discuss options, and thank him for making you feel special.

## **BONUS INSIDER TIP: The “Free Pass” Idea**

Anything that involves complex relational or emotional navigation is going to tax him pretty seriously. While he’s likely to want to do some of those things because they are so important to you, keep in mind this “Free Pass” idea.

Offer him a “free pass” to NOT attend something he doesn’t want to go to.

Be willing to let him bail out of one of your girlfriend clubbing dates – with no guilt or recriminations.

Or if you have a huge family reunion and you absolutely want him there, make sure there’s a way he can also escape for a few hours. Scope out the other fun things for him to do nearby in advance, or make sure he can go back to the hotel for some rest and recovery time on one of the three days you’ll be there.

You’ll win his undying gratitude, and it won’t even cost you that much!

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## **The Hormones that Drive Him**

Of course he adores you! And NO, he DIDN’T see that nearly-naked Angelina look-alike strut past. He emphatically didn’t see her.

And by “emphatically didn’t” I mean, of course, that his entire body was on high alert and his normal conversational brain utterly blanked out for a second while his porn brain flashed through five unique sexual scenarios in which she was the primary actress.

Your man has a pulse that never quits flooding his system with hormones. His eyeballs can’t be separated from his hormonal responses, and even though he (hopefully) knows better than to gawk and whistle at every woman who Conquers his attention – especially when he’s with you! – he’s still likely to KNOW those other droolworthy women are around.

Yes, he thinks about sex most of the time. And by “most” I mean all.

He imagines sex with that barista, those soccer moms, other mens' girlfriends and/or wives, the woman at the driver's license agency, your sister, his cousin, and even that crazy lady with the cats. That doesn't mean he is going to do anything about it. But the pictures do flash through his head.

What you can do is

1. be aware of this as a simple fact of a man's life,
2. understand that just because he looks doesn't mean he's not happy with YOU, and
3. give him a tiny little release valve...

Here's what I mean by that last one. Let's say that one hot leg goddess just strolled past you both on her way into the SilverBird Galleria. Make your own visual observation.

It shouldn't be mean-spirited, and it definitely shouldn't set up negative comparisons with yourself. Her breasts may in fact be three times the size of yours, but believe me, he is thrilled with yours!

It can just be your own simple note on the drool factor. Something like,

"Those 6-inch heels sure showed off her sexy legs."

"She's beautiful."

"There's a lot to admire about that body."

"There's a bunch of luggage in those Daisy Dukes."

"I'm pretty sure she's wearing a thong with those jeans."

"Every guy here is checking out that babe."

If he's smart, he won't take the conversation any farther, but even if he does...

**You can pull the rug completely out from under him and make his brain do a screaming U-turn in YOUR direction.**

Try this on for hot:

“I don’t think she was wearing underwear. I plan to do that tomorrow. Would you like that?”

“If I wore a skirt that tight, I’d definitely want to take it off as soon as possible.”

“We’re going to have to do something about the ache that woman just gave you. Maybe we should head back home now.”

“When we get out to the car, I think I’m gonna let you see more of mine that you just saw of hers...”

“Which body part of mine is the one you most like to see exposed... in public?”

“Hm. That gives me an idea. Could you step back here with me for just a moment?”

See what I mean?

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## **His Need to Be Needed (and Admired) as a Man**

This one is pretty easy, and we’ve already discussed it a little bit already in Hour Five.

Guys want to feel like they have something you need, like they can do something helpful or valuable for you. And they want to be admired for being the man they are.

Here’s a simple list of 39 simple ways you can make your man feel needed and admired.

- Put him in charge of the directions (you heard me!).
- Never expect him to read your mind.
- Let him order for you.
- Thank him for the things he does.
- Let him walk you to your car in a dark parking lot.
- Let him walk you to your door.
- Patiently teach him how to show you his love.
- Consult him before making big plans.
- Stroke his ego in the bedroom.



- Give him clear signals when you're pleased.
- Hold his hand and snuggle up close to him.
- Brag about him to other people, even when he's not there.
- Laugh at his jokes.
- Let go of the small stuff.
- Ask him to flex his muscles so you can feel them.
- Let him take up for you.
- Ask him to tell you about his work.
- Frame his race number.
- Tell him how much you appreciate him.
- Allow him to go into the dark house first.
- Seduce him.
- Ask him to get you things that are out of your reach.
- Focus your attention on what he's doing right.
- Ask for his advice when you face challenges.
- Let him take you to the gym and show you his workout.
- Pay attention to what he feels is important in life.
- Tell him he's handsome. Gorgeous. Irresistible.
- Be his biggest cheerleader.
- Set and work on goals together.
- Tell him you're proud of him.
- Invite him to explain something to you (math, soccer, radio waves, cars).
- Grin and enjoy his inner dorkiness.
- Let him carry heavy things for you.
- Ask him to show you his old photo albums.
- Sincerely compliment him every day.
- Allow him to treat you like a lady.
- Wink at him from across a crowded room.
- Let him open that jar, wrestle that flat tire off, and pump your gas.
- Showcase his accomplishments to your friends.

Don't forget to use your Powerful Questions that you downloaded earlier...

# He's Task- and Goal-Oriented

We've touched on this a few times before, but the fact remains that men are simply less interested in doing ANYthing if there's no "reason" that they can identify with for that activity.

Aimless shopping at the mall for "nothing in particular" is out. But if you give a man half your grocery list and send him off with a cart, it's an adventure.

Endless social events are toxic to him, but if you ask him to get his band to play for the event, he's in.

It's hard for him to shoot hoops with friends without engaging in a little friendly competition. What's the point unless someone wins (accomplishes a goal)?

If given a choice, guys will also choose to do or accomplish one task at a time, whereas women are more likely to be mentally planning dinner, finishing a report that's due in at work, while also listening to the radio and keeping the kids on task with their chores.

So what can you do to let him know that the way he's wired is not only acceptable to you, but actually valued?

Play to his strengths.

This doesn't mean you should make long Honey-Do lists every day for him to get done, but if you can work a little bit of task-orientation into your daily life you'll be amazed at how much more connected with you he'll feel.

Let him have specific tasks to accomplish in your relationship. And thank him for being the way he is. (He's intensely grateful you're the way you are, by the way. If the two of you weren't so very different your chemistry together wouldn't be nearly so potent!)

## **INSIDER TIP:**

It's not that men aren't relational. In fact, that's far from accurate. Men simply prefer to let relationships be a natural outflow of a common task. Building a shed, putting

together a new sound system, restoring an old car... Think how guys bond with their buddies and you'll have a sense of how they go about creating relationships.

## Not Great with Feelings

If you can keep from using heavy language about feelings and emotions in the early stages of your relationship, your man will feel a lot more like he's on solid ground.

Of course he has feelings, but he rarely thinks of things in the same complex ways that you do.

Women are like Eskimos. Legend had it they had over a hundred words to describe snow. But for a guy, it's just...snow!

Check back periodically on those emotional life preservers that we talked about earlier.

- Try setting a limit on time spent talking about emotional issues.
- Give him a day or two of breathing room before tackling them again.
- Don't exaggerate when you're upset.
- Tell him exactly what you want from him.

It also helps simply to be aware that this is probably not his strength. Don't force him to play on a field where his skills and styles of communication are not allowed.

# Wake Up Gorgeous: Hour 7

## Tease and tantalize in a way that will keep him riveted

Here's the truth. Men are visual, and they are brimming with hormones, 24/7. And there are SO many ways to engage, entice, excite and arouse him. And you know what? Most of them don't even require that you SAY anything! Because if you begin with the visuals, you'll rarely go wrong.

But of course, don't stop with actual visuals. You can also get him to create incredibly steamy and seductive visuals in his own head. And of course, there are lot more ways to keep his attention riveted on you... Try out a few of the tactics below and see if he doesn't come panting to your door every single day, desperately hoping for more.

**BEWARE:** Using your teasing and tantalizing skills where more than one man can see can be a recipe for a nasty little bar fight (regardless of where you are). Be gentle, girlfriend! Use teasing like you would use an expensive fragrance; it should enhance your natural loveliness, not overpower everything in the room. : ) You've been warned. Proceed!

## Make Him Stare

This doesn't mean you have to strip down to a thong and parade yourself in front of him (although he would probably dream about that for the rest of his life). In fact, teasing is the art of showing a little and making him salivate just thinking about the rest!

Dress to accentuate long, beautiful stretches of skin that aren't naturally associated with sex. Think sleeveless tops, short skirts, and open or scooped collars. If you can figure out a way to wear thigh-high stockings, you will have him in a twist so tight he may not be able to carry on a sensible conversation (in which case, you win!). And

don't forget: if you're wearing sexy lingerie, you'll feel seductive even if he never learns it's there. It will just be your secret, sexy edge!

Try a little glitter powder on your collarbone, shoulders, or cleavage. Would you believe they make body glitter in flavours? Oh, yes they do, and it's easy to find online or in any of these exclusive fashion shops around. I have cinnamon and lemonade, and use the one that suits my mood.

Brush up on your body moves (Beef Up Your Body Odds, above) and let him see you work them.

## Smell Freaking Fantastic

Start with smelling incredibly clean. And in fact, one of the sexiest scents to a man is a woman's clean hair. Be selective when buying your shampoo! Avoid the grape-bubble-gum-smelling stuff, and beware of anything with an overly strong powder scent – too much like a grandma (you totally don't want to make him think of his grandma, hah).

To get a man to notice your fresh, clean, just-stepped-out-of-the-shower scent, lean in toward him to ask a question. If you have long hair, try leaning over his shoulder to point something out or borrow a pen, and let it brush against him.

Here are some of the scents that turn a man on:

- Clean hair
- Bath scents and oils
- Clean laundry: this can be your detergent or the smell of line-dried linens
- Vanilla: Bake a cake in the house, or use a little vanilla extract on the inside of your wrists
- Coconut oil: think the scent of hot, sexy beach bodies
- Spicy florals: don't get too flowery!

And a few "alternative" sexy scents that guys dig:

- A tiny touch of masculine cologne
- The smell of expensive whiskey: rub some on your collarbone
- Evergreen or woody scents (no cedar, that's for hamsters)

Don't forget that your toothpaste and mouthwash have their own scents.

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## **Include Sexy Sounds in Your Conversation**

No, silly, I'm talking about sounds like:

- Mmm.
- Ahhh.
- Ohhh.
- Oh!
- Hmm?
- Shhh.
- Mm-hm.

These are words that aren't really words, because they leave room for imagination to begin to spark. And of course, these are sounds a woman makes when she's being kissed and stroked and pleased such that she's beyond articulate...

And while they may be innocent, simple little sounds that every person in the world uses every day, when combined with your other teasing and tantalizing techniques, they crank up the heat. And the fewer words and more sounds you use, the higher the temperature rises.

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## **Eat Like You're Making Love**

You're moving into spicy territory now, and I don't mean the hot wings. Eating seductively is one of the oldest teasing tactics around, and don't start it if you're not serious, because it's a very short trip from the table to the bedroom (and you may not even make it to the bedroom).

Take an ordinary old picnic to new sexy levels by packing...wait! By NOT packing the silverware. Now you'll have to eat with your fingers, hmmm.

Instead of silverware, pack (you guessed it) passion fruits, raw veggies and scrumptious, yummy things to dip your food in. Be sure to eat slowly and playfully... Ohh, a bit of honey on your finger? Lick it off while gazing at him with an impish little smile. Oops, a touch of whipped cream on his chin? Do you dare?

Even a popsicle from the ice-cream truck can be a tool for sending him into ecstatic shivers.

Touch it to your lips and look at him. Rub it gently across your lips from one corner of your mouth to the other. Ahh. Scrape the juice from your lips with your teeth. Slowly lick up and down the length of your popsicle before you put the whole... thing in your mouth. Mmm. Let it drip down your arm (Oh!), then lick it off. Hold it above your mouth and let it drip in.

If he doesn't swoop you up, pitch you into his convertible, and drive you immediately to the nearest secluded spot for a make-out session, let me know.

Check out these seductive and erotic food ideas, too. Dip it, lick it, savour and delight in it. Let him feed it to you. Nibble everything. You'll both be hungry for more. Much, much more. And I'm not talking about the food, sugar.

- Frosty, lush grapes served with a selection fragrant, delicious cheeses
- Whole, sweet ripe figs, a rich selection of olives, and a handful of almonds
- Crunchy red apple slices to dip in silky, sticky caramel
- Seedless ripe red and yellow cherries with warm and crusty vanilla scones
- Sliced hard-boiled eggs topped with caviar or black pepper
- Warm, fragrant cinnamon rolls, dripping with buttery frosting
- Crisp bell pepper slices, carrots and celery sticks with French onion dip
- Juicy, warm-from-the-sun peaches, served whole
- Delicate slivers of ripe, fresh pear dipped in chocolate mousse
- Steamed and chilled fresh asparagus with lemon slices
- Grilled chicken fingers to dip in spicy barbeque sauce
- A bowl of rich, chilled raspberries
- Cooked and chilled lobster or shrimp with cocktail sauce

- Soft, delicious pita triangles with creamy hummus for dipping
  - Steamed, then chilled fresh asparagus spears, lightly drizzled with lemon juice
  - Cucumber fingers with cracked black pepper and sea salt
  - Crispy, seeded crackers topped with fresh, organic peanut butter and local honey
  - Strawberries and whipped cream
- 

## 10 MORE Sexy, Teasing Moves

Some of these require a bit more intimacy than others, so pick the ones that match the level your relationship has reached. Or maybe pick one that's a little...ahead of where your relationship has reached, and you'll be taking it to a whole new place.

- Pass him a piece of his favourite candy from your mouth to his
- Wink at him from across a room
- Hug him from behind, making sure your breasts press up against him
- Send him a flirty text message
- Whisper something to him
- Get caught looking at him and giving him the complete check-out
- Shift into his personal space
- Mirror his moves: when he leans in, you lean in.
- Show off with a full-length cat stretch
- Slowly, languidly touch and stroke your hair as you talk to him

Honestly, this is almost TOO easy.

It's like giving treats to a puppy. They will eat until they're sick with it, follow you anywhere, and they'll cry piteously when you leave them. Poor little puppy. Kiss their sweet little faces and promise them you'll be back. If they're good.



# Wake Up Gorgeous: Hour 8

## Let him see you having a fabulous life

I have this tiny little adorable dog named Rocky who weighs all of 5 pounds.

He's a breed that's incredibly calm, which makes him a very good companion for a writer like me who spends a lot of time at home with a keyboard.

But you should see him when my sons get to wrestling or acting crazy. He gets so excited! He can't resist joining in the fun.

Men are the same way. Guys (for that matter, most people) are instantly attracted to someone who is clearly having fun and getting all the pleasure life has to offer.

Think about how you feel when you see your favourite sports team playing incredibly well, mopping up the competition in a championship game.

You shout and cheer yourself hoarse, and are reeling with giddiness and joy when they win. You see your favourite team leaping around the field, doing their victory dances, and loving life... and it makes you love life, too.

Your deep, authentic pleasure is HIGHLY attractive to men!

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## Mental fabulous

When you feel utterly grounded in your soul and purpose, when you are confident and happy – then it's easy to enjoy your own fabulous life.

But sometimes you don't feel that way, regardless of how good your life really is. Sometimes you're struggling just to drag your self-esteem up out of the scummy pond bottom where it's sunken into the slime.

Or maybe you're feeling relatively fine, no recent self-esteem near-misses or catastrophes, but... there's still something missing. You're trying to make the daily

determination about whether the glass is half empty or half full, and you have to work at polishing your life to get a gleam out of it.

Believe me, most women have spent time in all these places, from pond sludge to queen of the world.

The trick is to let your man SEE you having a fabulous life, even if you don't FEEL like you're having a fabulous life. It's not as hard as it sounds, and it often has a very positive fake-it-till-you-make it effect!

***IMPORTANT NOTE:*** *This is not about manipulating him.*

It's about making sure he knows that you are grounded in yourself, complete in yourself, and not looking to him to save, rescue, fix, or finish you.

Even if you have emotional baggage strewn like chunks of broken concrete all over the foyer of your emotional mansion, you're going to make an outward show of confidence while you spend your nights with your sleeves rolled up, sweating and working to clean up your interior.

Need help? If you don't have a great girlfriend who can support you as you work to make your way out of a tough place, find a good counselor or therapist. Also, lots of women's organizations and churches can point you in the right direction to find a listening ear and supportive voice.

You're worth all that and more.

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## **Time and friend fabulous**

Sometimes when you're in a new relationship you start slowly changing the once-normal patterns of your life. At first you spent a little time with him, now you're canceling everything whenever you think there might be the remotest possibility that he'll call.

All of a sudden you'll have a moment when you think – when was the last time I talked with my best girlfriends? Or, Wow, I haven't had a great workout in weeks. Or,

My mom's gonna kill me if I don't give her a call this week. Or, Ugh, I really have to get some decent groceries in and start eating right again.

It can be intoxicating when you first meet a man you really like. BUT! It's not worth the sacrifice of what makes you truly vibrant and wonderful! And in fact, that was what attracted him to you in the first place.

Let the dynamic, gorgeous YOU go, and he's likely to go right along with it.

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## **Money and success fabulous**

Be the hero of your own job.

It doesn't matter if you watch grass grow for a living, do your job with excellence and style. Be on time and on task, every single day. Be the one everyone relies on, the one people look to and enjoy being around. You'll draw men like a magnet when you show spirit in your work.

And it goes without saying, but of course I'm gonna say it: You should always be working toward financial stability.

Don't delay taking charge of your finances in hopes that some man will happen along who will solve all that for you. That can leave you open to all kinds of unwanted attention from creepy, controlling guys. Yes, that's the absolute truth.

Instead, take the long view. Financial success may not come overnight, but it can be built, one small piece at a time.

# 7 Massive Mistakes to Avoid at All Costs

Several of these are things you probably already know, but a few may try to sneak up and bite you in the fanny. Don't let it happen!

But if you do, know that you're not the only chick who's had to smack herself on the forehead and say "Aaargh! I knew better than that!" Just don't hang on to your mistakes forever. Chalk them up to lessons learned, then forge ahead! So many good things are waiting for you...

## 1. Sacrificing or negating who you are

You know not to cover up your own incredible gifts or pretend that you don't have any power in a relationship, right? Cool, I thought so.

Don't put yourself second in this, because YOU are number one here, beautiful. You're planning to be a part of a couple, but that should never never never (and I mean never) obscure your own value and importance.

Don't take yourself off the pedestal. That's your pedestal, and besides, it has sparkles.

## 2. Being a man's mama

I know women were trained to be nurturing and motherlike from the instant they get their first Cabbage Patch baby doll, BUT. If you treat a man like a child, there will be some of it that he will love. Who doesn't want to have a mother to take care of our every need (once in a while)?

But more than a little of that and a man will begin to feel incompetent and you know what? He'll resent you for it. That's right, you.

Don't make a habit of scolding, correcting, or directing a man. And definitely don't make it your job to take care of his every need from seeing that he has his jacket when he goes outside to finishing the kitchen clean-up because he "forgot."

You want a MAN, not a boy. So make sure you're a girlfriend, wife, or lover... but not a mom.

### **3. When you're not in it to win it**

GO AFTER THIS, girlfriend.

Don't sit around and WAIT for your prince to show up, because who has time for that crap?

Life is waiting to be lived, so go out and live it so hard and so well that the air around you throws off sparks and you leave a wake of slightly exhausted, happy people in your wake.

### **4. When you kill his thrill of the chase**

Remember, guys are looking for an adventure. They love a task, a job, a hero's quest. So make sure you're not the low-hanging fruit that any scrub could just reach out and pluck. Yuck, I grossed myself out just writing that.

If he doesn't have to chase, work and even fight to win you...he probably won't want you.

LET HIM WORK TO WIN YOU. Really.

There are actually two reasons for this, and only one of them has to do with how fiercely competitive and task-oriented guys are. The second one is this...

YOU'RE WORTH IT.

You are gorgeous, confident, whip-smart, and getting sexier every day. That's premium goods, beautiful, and you can't just be giving your attention away for nothing.

## 5. Insincere, unspecific praise

This screams “desperation,” and it's not an attractive thing.

In fact, it also sometimes falls into the “Don't mother your man” category as well. You know the kind of moms I'm talking about. Their precious little baby-waby can do no wrong and she praises him for every perfect hair on his head, whether it's crusted in pancake syrup or not. He's her big champion for every belch, potty, and bored crayon smear. No matter what he does it's a “Good job!” Bleh.

Look for things that are praiseworthy and let him know what he's doing right in sincere, straightforward terms. Remember, you want a man, not a little boy. And you are a genuine prize, not one of those pretty but aimlessly chattering babes that's hardly worth a second thought.

## 6. Ignoring the power of not... quite... saying everything

Okay, this one is a touch more tricky. Sometimes it looks like simply not saying everything you know. But there's also a more subtle tool here, and you are going to love using it.

I sometimes call this the art of the unfinished sentence. The purpose of an unfinished sentence is to let him know he's made you speechless (in a good way), or to allow and encourage him to fill in the blanks with his own version.

It looks like this:

- He comes to pick you up, and it's clear he put a lot of effort into dressing to the nines.  
You say: Wow. You look.... (take a deep breath, and bite your lip)
- Last night he was incredible, amazing, unstoppable.  
Today you text him and say: I can't stop thinking about last night when you...
- Today he's working on some bizarre project in the garage. You have no idea what it is.  
You say: Verrrry interesting, all this. So tell me...
- Just now he did something very gallant, sexy, or otherwise praiseworthy.  
You purr: YOU are SO... (flash your million dollar smile)
- Ladies are usually VERY quick with words, and usually have a waterfall of them constantly running. It can be overwhelming to a guy, which makes your judicious use of silence particularly powerful.

## 7. Premature enunciation

WhatEVER you do, you don't want to come across as needy. Because you aren't.

Your life belongs to you, and you are numero uno here. He may be welcomed in, but you don't settle for scrubs, and he's going to have to win your attention because it doesn't come for free. You are in control of this relationship, you rockstar.

DON'T GUSH over him as if you've never been paid attention to in your life before. (And I don't care if that's actually true – that you haven't been paid attention to before now, PRETEND it's not.)

Your job is to let him think this relationship is unfolding naturally, and he has a part in it. But he's not the whole burrito, baby.

Be as excited as you want to with your best friend, hop around and squeal and stay up all night talking about him on the phone, but never let on to him that that's what's happening.

You're calm, collected, and unbelievably fabulous. He is so fortunate to be dating a woman like you!



# Part 3: Holy Sh\*t It's Working! Now What?

## MODULE ONE

### OMG! Where did all these guys come from? And how many can I have?

High five for you, gorgeous lady. You are an incredible man magnet!

And now that you have all this yummy man-attention, you have to make some decisions.

Because some of the men you'll be attracted to will be exactly the right kind of guys, and some will be really bad for you. I think you know where we're going with this, right?

Before you start digging around for that Perfect Man Checklist (you already burned that and stomped on the ashes, remember?), let me say these two things:

**First, remember: There is no perfect guy.**

Just like there is no perfect woman. I mean, you and I come pretty freaking close, but... :)

Seriously, let your vision be wider than some silly little (or insanely long) list. This is the man BUFFET, and there are lots of fabulous dishes to sample.

**Also: NOW is the time to go read the "Man of Your Dreams" Bonus!**

Have you read the Bonus I wrote for you called "The Simpler and Faster Ways to know if "He is the ONE" quickly "The Man of Your Dream"

The reason I ask now is that if you happen to be suffering from the painful syndrome I call “There’s Only One Soulmate Out There for Me” – you’ll find out exactly why that’s not true at all.

In fact, there are LOTS of potential soulmates out there for you! And the Man of Your Dreams Bonus book will help you see exactly how that is true, true, true. Get the cure. Go read that bonus right away!

**And finally: Dating someone doesn’t mean you’re planning to marry him.**

What are your goals right now? Do you just wanna date around? Are you trying to heal after an ugly breakup? Would you simply enjoy going out with a sexy, smart, or funny new guy? Are you looking for a no-strings-attached roll in the hay?

Because these things will impact your dating choices, of course.

The Man Buffet was just MADE for browsing, sampling, trying new things...

...and, of course, for finding the kind of guy you’d like to marry.

And here are a few pointers to help you sort them out...

## Sorting the Keepers from the Throw Them-Backs

Before you go any further, you may want to do the following exercise to help you orient yourself to the kinds of men you’ve worked out with and the ones that just didn’t connect with your heart or life (even though you tried).

Make a list of all the guys you’ve dated in the past. Under each one’s name, write three things:

- A few words about what initially attracted you to him
- A few words about what you ended up really liking about him
- A few words about what broke the deal for you (if applicable)

Really, only a few words! Just enough to jog your memory.

Now look over your list and see if you recognize any patterns. If you intend to break old bad habits, now is your chance. If you really do find yourself attracted to the kind of guy with a particular winning characteristic, it's helpful to know that going in.

Uh-oh. Did you just see in your list some not-so-winning characteristics? Don't worry. Sometimes ladies are attracted to men who just aren't good for them. Simply knowing that is half the battle. (The other half is not sticking with them, of course.) The good news is that you don't have to "settle" for those guys, because there are plenty better ones.

And in fact, dating a few Mr. Wrongs will help you understand exactly what you DON'T want so that you can weed those dudes out and find Mr. Fabulous much more quickly.

And the truth is that there is a pretty good gap between keepers and the ones you need to release back into the wild, and once you realize what general area your man falls into, you'll be better equipped to make your decision about whether to let him continue to pursue you or show him the door.

Now, if you just happen to have a list of guys you've dated where it didn't work out, take a look at the following section to make sure you're not making this classic (and easily fixable) mistake...

## **The (Monstrous) Difference Between NEEDING a Relationship and Wanting One**

Do you know any "GirlfriendZilla" women? They date a thousand guys and have a thousand failed relationships to show for it. No man can ever do enough to satisfy a GirlfriendZilla's desperate craving for... Well, for a relationship with a man and all the happiness a man can "give" her.

Except that you can't really MAKE someone happy. You have to find happiness and satisfaction within yourself first.

If you're in any way feeling desperate for a man, you're already in trouble. The best possible mental and emotional position to be in is where you WANT but don't NEED

a man in your life.

Take a look at the short list of questions below. Give yourself a score from 1 (Not True at All) to 5 (Very True).

1. I'm a very happy woman, with or without a man.
2. I intentionally spend time with friends who make me smile.
3. Even when things get difficult, I feel deeply grateful for the good things in my life.
4. I'm doing things I really love. I don't need anyone's approval to be who I am and live the life I've chosen.
5. I listen to my heart and spend time every day both growing and caring for myself.

Are you in danger of falling into the GirlfriendZilla danger zone? If your score on any of the above items is a 3 or below, you might have some sweet little gifts you need to give yourself...

Bet you didn't expect me to say THAT, did you? Hahahaha

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## I Hope You Want LOTS of Presents!

That's right, it's OPEN YOUR PRESENTS time, and these are all things you're gonna love... If you aren't feeling happy, independent, grateful, passionate, and loving toward yourself, here are just a few sparkling secret treasure boxes that should make you smile again.

Be sure to open a few of these gifts every single day, because the more you do, the happier you'll be as you browse the amazing and wonderful Man Buffet.

1. **Fill your life with gratitude.** An easy way to start this is by spending 5 minutes in the morning writing on a sticky note two or three of the things you're grateful for. It could be a friend, the beautiful sweater you're wearing, or even that steaming hot coffee you are enjoying. The more you make thankfulness a habit, the happier you'll grow, and the less you'll be looking for a man to make you happy.
2. **Stop making excuses, and stop blaming yourself.** There's just no good that comes from that, is there? Everyone makes mistakes, and things don't always turn out the way we plan. But when you become relentlessly focused on the way to keep moving FORWARD (rather than looking back), you'll soon become the kind of woman everyone wants to be with.
3. **Simplify your life.** Sometimes the desire to consume, consume, consume starts to eat up your heart. Don't let it happen to you. De-clutter your apartment. Clean your closet. Pay off some

debts. Don't let the "I want!" syndrome cripple your ability to enjoy the JOYS that each person and situation brings into your life.

4. **Keep dreaming AND working toward your dreams.** Don't let anything stop you from making small steps every day toward the future you envision. Thinking about being a world-class chef?

Writing your first novel? Running a 5k? What can you do TODAY that will get you a bit closer?

If you can get these simple but powerful gifts working for you, you'll naturally stop putting all your focus on hoping a man will "solve" your problems, or fulfill a need you're experiencing.

Once you get out of the "NEED a man" zone, you'll not only be nourishing your own soul more, you'll also immediately become more attractive to men!?

The key, is in 7 little words: *"WANT a man, don't NEED a man"*.

## **DOUBLE Your "Lots of Presents": Maintaining Your Unique Identity (even when you're part of a happy couple)**

Okay, my last word to you before you hit the Man Buffet. I'll keep it short: If you can master the simple section above (all of which you've already been thinking about because of earlier sections of Conquer His Heart), you'll be one of the happiest, most balanced women when you date the men who chase you.

**But there's a TRAP in any new couplehood.**

Being with someone you really enjoy, someone who brings gifts of their own to the relationship, can make us lazy.

Yes, I said lazy.

Because it's a little bit of WORK to ensure you're a happy, independent, grateful, passionate, and loving toward yourself. **And it's a great temptation to allow a man to start taking on some of that work FOR you.**

Instead, you want to DOUBLE your presents, rather than halve them. The way you do that is to

A. Keep giving yourself all those gifts (see above), while ALSO

B. Enjoying the gifts a man brings to the relationship.

Don't stop seeing your girlfriends and other people who make you smile. Don't quit school, or stop making that tiny baby step forward toward your dream every day.

Don't think, "Oh, I'll get back around to that later," because the longer you leave that work undone, the more you lose the habit of being an independent, happy woman.

Keep on being the kind of wonderful woman an amazing man falls in love with!

Because that's also the kind of woman a man would FIGHT to keep from ever losing...

# Part 3: Module Two

## Ordering at the Man Buffet

Below you'll find a few of the main types of men women tend to be attracted to – for good or for ill – and what you may want to think about as you interact with them...

Remember, one size does NOT fit all, and these are simple descriptions of men that simply won't be able to Conquer all the nuances of a real guy. But it's a place to begin browsing the Man Buffet, and thinking about what you'd like to have...

### Mr. Romance

I haven't seen any women who DOESN'T love a romantic man (or at least the idea of one)? He's affectionate, sends you darling little love notes, understands about anniversaries, moonlight and poetry, and generally leaves women breathless. Besides, you love to be wooed. Who wants to sit waiting endlessly for your cell to ring? Of all the types of guys out there, Mr. Romance is the least likely to ever do that to you.

- **The good:** Romantic men will show you the softer side of mankind, the part that's warm, fuzzy, and adorable. You'll enjoy being really taken care of, and you may even begin to think better of yourself simply because he thinks so highly of you.
- **The bad:** Sometimes romantic men are too much like candy bars; delicious once in a while, but after a while you begin to long for something more substantial and filling. Mr. Romance might be in love with the idea of being Mr. Romance, and that can get a little annoying after a while, not to mention the fact that he is very likely to be applying his charming ways to more women than just you, even after the two of you agree to commit to each other.
- **What you should consider:** Enjoy the experience of a romantic man! But keep a level head, because you know that a serious relationship takes serious work.

There's plenty of chance for this to work, but your relationship may not always look quite so dreamy.

## The Man's Man

The Man's Man is a hard-boiled, whiskey-drinking, tough guy who will open the door (or even rip it off the hinges if needed) for you, repair the car, remove the bats from your attic, and who would rather cut off his own arm than hold your purse while you visit the Ladies' Room. He might carry the baby in a backpack (preferably while on African safari) but never in a Snuggly. Also known as the Macho Man.

- **The good:** The Man's Man is incredibly handy to have around, so long as he has specific manly tasks, including his job, to focus on. If you love the idea of having a man to fight for you, protect you, and even handle the majority of the income production, you may really go for this kind of guy.
- **The bad:** These guys excel at being stubborn and single-minded, and that can bite both of you in the relational butt. The Man's Man resists examining his feelings even more than most guys, and is often reluctant to allow himself to have intimate, emotional encounters. He may also be a workaholic.
- **What you should consider:** The Man's Man generally prefers a very feminine and traditional woman, so if you're the type who expects to equally share housekeeping duties, earn a high salary while piloting a large firm, or is ruthlessly competitive, there may be issues.

## The Life of the Party

You know the kind of guy I mean, though. This guy is forever the laughing, sparking, fizzing, energetic center of every gathering. He's an outstanding networker, and appears to be everyone's friend. He's a good time personified, and rarely lacks for invitations out.



- **The good:** If you're looking for someone social to balance out your shy, this guy may be a match for you. He'll always be looking for the next place to show up, the new faces to bring into the circle. He's incredibly easy to get to know, at least on the top levels. If he has ambition to go with his social, he'll likely do well in his job, too.
- **The bad:** The Life of the Party guy loves to be the center of attention; this can cause possible hitches in a relationship if you'd like the spotlight for yourself once in a while. In addition, these guys love new things, and if the thought of loads of spontaneity – and possibly very little stability – scares you, beware.
- **What you should consider:** The Life of the Party man is really easy and fun to be around, and you should enjoy that! But be willing to get off the roller coaster and get to stable ground when you need to.

## The Pretty Boy

Mmm, you know these genuine boys. They are bad and they are good, but no one disputes their beauty factor

Everything about these boys is gorgeous, and they usually know it. Creamy skin, angelic faces, perfect wardrobes... Like the woman who never passes her bedroom door in anything less than full makeup, the Pretty Boy is rarely seen with a single feather out of place. Delectable? Without a doubt. You could eat them up with a spoon, and plenty of women do. Easy to date? Well, that can be complicated.

- **The good:** They're definitely in touch with their feminine side. They're easy on the eyes, and frequently the object of lots of attention.
- **The bad:** They can be kinda girly, and they're almost always high-maintenance or narcissistic. Regular manscaping (flat-ironing the hair, tweezing the brows, bleaching the teeth, etc.) is not cheap or fast. You may feel a bit like a fat pile of dried hay stuck together with cowpoo when you're standing next to him.
- **What you should consider:** To date a Pretty Boy, you should be the kind of person very comfortable with your man getting lots of looks and attention from other women. And if he doesn't recognize your own value or resents when you

get attention too, he's definitely not worth your time. The Pretty Boy may be gay or bisexual, so be aware of your own preferences in a man before you invest heavily.

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## The Geek or Nerd

Geeks and Nerd guys are not suave or debonair. But they can upgrade your OS or set you up a massive co-ed LAN party, and they typically use sunscreen. IF they go outside. Which they don't, often. And unless they are teachers, they probably make good money.

- **The good:** If you are a geek or nerd yourself, the two of you together are going to rock the world. You'll travel to cons together, solve the hell out of damn near any household problem, and make clever, hilarious videos together. In bed, woohoo! – what these guys haven't researched, they're willing to learn. And they desperately want to please you.
- **The bad:** The clothing issues can be fixed, usually. But you'll have to tell them what things are socially appropriate in other areas as well, if that sort of stuff matters to you. You may also lose them to long hours playing WOW or watching movie marathon.
- **What you should consider:** Typically Geeks and Nerds are WYSIWYG. What you see is what you get. They aren't typically deceptive (unless they're sneaking their own soda into the movies), but they might be cheapskates. You may have to compete with video games for a nerd's attention, but they are also less likely to cheat on you. If stunning good looks, reliable personal hygiene, or suave social graces are critical to you, a match-up with one of these guys could be rocky.

# Mr. In Control

Incredibly charming when you first meet them, they are very confident as they plan your dates, pay your way, and put you on a pedestal. Mr. In Control may be reasonably well off (he controls his money) and isn't necessarily a dictator, bully, or creep.

- **The good:** Confidence and care is sexy, and it feels lovely to be connected to a man who knows how to treat you well. The good version of Mr. In Control is stable, reliable, and rarely does crazy stuff.
- **The bad:** If he starts telling you your clothes are too revealing, your friends are no good, your family is nosy and your job is too demanding, or if he "needs" you to have nothing in your life but him, get out. Mr. In Control has morphed into Mr. Abusive, and it only gets worse.
- **What you should consider:** Some men are cruel. They aren't power hungry, they are sick. But not all guys who are in control are jerks. You may really appreciate a man who can balance his finances, work-home life, and relationships nicely. And he might be a good relational fit if you are willing to drive the spontaneity-and-splurge train yourself.

# Peter Pan

Okay, most men have lots of little boy in them, and if you avoided them all there'd be no one to date! But Peter Pan men are all boy, no man.

They want women to be their mothers, and unfortunately, women are often culturally conditioned to the role, even to the point of mothering a grown man. This sets up an unhealthy co-dependence, but that doesn't mean there aren't lots of Peter Pan – Wendy couples.

- **The good:** A Peter Pan man is frequently fun-loving and carefree (if dramatic). If it's been a while since you've let go and really played with life, these guys will be your favourite companions. They will confide in you, spend long hours on the

phone with you, and they can make the kind of Dad that kids absolutely adore having.

- **The bad:** Peter Pans are commitment-phobes at heart. They don't like taking responsibility for things, and nothing is ever their fault. They like to talk, but don't like a serious discussion, especially if it's about something they need to address within themselves.
- **What you should consider:** Even if you are in a relationship with a Peter Pan, he will likely continue to flirt with and constantly befriend other women, and he could easily exchange you for one of them, although it's more likely he'd rather have his cake and eat it too by keeping everyone in his thrall.

## The Foreign Guy

Oh, that adorably sexy accent, the exotic good looks, that unique way of seeing the world – The Foreign Guy is irresistibly alluring. You met them in college, you discovered them in Europe, they work in your office and you see them on the silver screen, but your fascination with the land and culture they represent just never quits drawing you in.

- **The good:** An entire new world, opened to you! And why do foreign guys seem to mark every special moment with a flower and a kiss? It seems like The Foreign Guy is never at a loss for a swoon-worthy (if corny) compliment, even if parts of it are lost in translation.
- **The bad:** His social customs and everyday behavior can be quirky, or even downright inappropriate. The language barriers may be overwhelming, and the strain of actually dating or living in more than one country (or having family in more than one country) can be stressful.
- **What you should consider:** If you're a homebody who is seriously out of her comfort zone in new and different situations, this may not be the kind of match you're looking for. In addition, when dating a Foreign Guy it helps to have an openness to different religious preferences, beliefs, and practices, and a patient willingness to accommodate.

## The Underachiever

He may have all the advantages – a degree, financial resources, strength and intelligence – but he hasn't found the motivation to put them to use. Or he may have been suffering a string of unlucky breaks. But most Underachievers are reasonably content living in their parent's basement or renting a simple efficiency with the tiny paycheck they bring in.

- **The good:** You may long for a simple, uncomplicated life, or a man with few wants. In fact, there is a time in most people's lives where "just coasting" is the preferred method of living. No kids, no responsibilities, no worries. It may be fine with you to cut loose and drift for a while. Just make sure you know what you're signing up for.
- **The bad:** While there's absolutely nothing wrong with having few material wants, there may be something wrong if your man is uninterested in ANYthing.
- **What you should consider:** If you're an overachiever, this man may either see you as his free ticket, or else just being around you will want him to take a nap. If you are comfortable with a low-profile, simple and unselfish life, this may be the guy for you.

## The Jock

You were in high school with this guy, he was super-cool. And you discovered the "stupid jock" stereotype isn't always accurate. Jocks can be incredibly sexy – all that fitness and sweat makes for nice naked flesh. And even if he's less of a jock and more of a sports fan (hello, that's most men), you may still find his passionate nature arousing, and want to recruit him to your team.

- **The good:** The Jock is not likely to grow a beer gut (the sports fan may). And the jock nature covers a lot of intriguing areas – maybe you'll discover a superior

horseman or an incredible Frisbee player rather than a minor-league baseball star. Whatever you find, you'll be in for some fast fun.

- **The bad:** The real question here is, where's the line between a guy who loves sports and the maniac sports fan who lives for nothing else? You may find that in a competition between you and the team, you keep losing out.
- **What you should consider:** The possibility for the high life is somewhat remote, but the excitement of the game may be pretty compelling. And like I said before, passion in one area can translate to other areas, including sex!

## The Damaged Man

The Damaged Man seems so sensitive, and he's clearly been hurt before. And it may be entirely legit. That woman may have done him wrong, he may have really been wronged at work, or suffered a few supremely bad years and unlucky breaks. He's emotional and is able to share his feelings freely.

All that doesn't mean he's entirely out of the running, but you should be aware going in of the special nature of a relationship with a Damaged Man.

- **The good:** The Damaged Man may have strong feelings and the willingness to express them. And if he's aware that he made some serious mistakes in the past, he may work hard to avoid that kind of pain again. If he's coming out of a bad relationship, you won't have to compete with his ex.
- **The bad:** Some women love a project. A sad, hungry puppy to bring home and feed and pet and cuddle. But this is life, and you're looking for a partner who can contribute, not another dependent. In addition, there are plenty of Damaged Men who like the helpless role, or play it in order to get attention.
- **What you should consider:** It's not your job to convince a man that he can heal and grow. That's his job. On the other hand, most people are wounded, or have been at some point. It may be that the two of you can find healing together.

# The Bad Boy

Did you skip straight down to here? Just kidding.....

I'm not surprised if that's true. So many of ladies love the shameless, bold, unapologetically masculine attractiveness of the Bad Boy.

He's a pool shark, a hustler, a rebel who freely expresses his opinion without regard for political correctness or polite society. Overtly masculine and compellingly powerful... He makes your mouth water, doesn't he?

- **The good:** Some Bad Boys do want to settle down eventually. You could get to have a lot of fun, followed by a slow settling into place. Win win.
- **The bad:** Don't go into it in order to change him. Bad Boys typically have a resistance to commitment. If you jump in the sack, you should be ready for no rules and no strings attached.
- **What you should consider:** He's an alpha male, so he will respond to an alpha challenge. Be bold and forthright with a Bad Boy for best results. Maintain a healthy respect for yourself and don't stick around if he doesn't show the same. Know when to dump the chump.

# The Sugar Daddy

This used to mean "rich old guy with a gold medallion and a furry chest" but now there are Sugar Daddies who are fresh-made internet millionaires, rap stars, businessmen, athletes, entertainers, and more. If you're looking for dating opportunities with wealthy men, there a thousand Sugar Daddy and Sugar Baby dating sites out there, and plenty of other "fishing" spots (yacht clubs, golf clubs, art galleries, etc.) where you can go.

- **The good:** He's looking for attention, romance, and (most likely) sex without drama. If you're looking for someone to finance your life while you finish school,

enjoy your modeling career, or some other relatively short-term thing, you might be interested in a Sugar Daddy.

- **The bad:** While it's possible to find a Sugar Daddy who wants to marry his Sugar Baby, don't go into it automatically expecting a long-term offer, or even exclusivity. Fortunes change quickly these days, and newly rich can turn to newly middle-class in an eyeblink.
- **What you should consider:** For some, dating a Sugar Daddy feels a little too close to prostitution for comfort. For others, dating is dating, and they would rather put energy into a Sugar Daddy / Sugar Baby relationship than waste time going out with scrubs. Also, age is more than a number, if you're looking for the kind of compatibility that will be there now AND in 10 years.

## The Shy Guy

Studies show that at least 30-50% of men are reportedly introverts. Just because he's shy doesn't mean he's inexperienced. The Shy Guy is not as visible on the dating scene (because all the extroverted guys are hogging the spotlight) but that doesn't mean they can't be found. Once in a while they are mistaken for stalker-types, simply because they stay a few steps behind for so long while they're trying to screw up the courage to talk with you.

- **The good:** The Shy Guy is going to be nervous, but he'll also be thrilled to find himself the object of your attention, and will usually be highly sensitive and responsive. And Shy Guys can be wonderfully romantic!
- **The bad:** If you are the impatient kind, a Shy Guy may not be a match for you. He's likely to move slowly and carefully, and rarely will he do something without carefully considering all the angles in advance. And even then he may not be able to work up the courage for it.
- **What you should consider:** The limitations of a Shy Guy can easily be overcome by a woman who is confident, willing to take the lead, and in no terrible hurry.



# The Brain

He's brilliant, focused, and intelligent. He's been a member of JET CLUB since middle school, and he went abroad to complete his education (Harvard). He's patient, because he's spent untold numbers of hours relentlessly chipping away at major problems. He can be sexy without even trying, but he can also forget to take turns in a conversation.

- **The good:** Every relationship faces trouble spots. He may suck at the nuances of communication, but by all that's holy no problem will get the better of The Brain. If you could use someone to help you think smarter, not harder, an intellectual companion like The Brain is a great choice. The body fades, but the brain remains!
- **The bad:** Monologues. Unless you can hold your own with an extremely intelligent man, you may become a verbal hostage to his latest brilliant discovery, observation, insight, ati bebe loooo.
- **What you should consider:** Simply being around The Brain can make you feel smarter. But if you can't get him to stop talking when you take off your clothes, you might be better off with a robot. However, chances are pretty good that "naked" will catch his attention.

## What NOT to Order (and how to send something back to the kitchen)

So by now you've seen a little bit of the good and bad in each "type" of guy, even the ones traditionally considered major catches or total losers.

Even so, there are a few types of men you definitely don't want to get involved with for any reason, and below you'll find a list of questions you can ask yourself in order to uncover the warning signs that you're in the no-go zone.

### **1. Do my friends dislike him?**

When you're in the initial stages of falling in love, it's going to be hard for you to hear anything your friends have to say about your new love interest if it sounds the least bit critical.

However, you're chemically imbalanced when you're head-over-heels, and that's partly why you should listen. Your friends are watching everything unfold from a more objective viewpoint than your own, and they have your interest at heart.

If your smartest, emotionally healthiest friends have grave misgivings about your paramour, that's a pretty good indicator that there's something amiss.

### **2. Does he dislike my friends?**

A romantic con artist who is out to take you for a chump is definitely NOT going to like your friends, and in fact he's going to do everything he can to turn you against them.

And if he's good at the con, he'll be incredibly subtle at first, casually lacing his conversations with comments designed to cast doubt in your mind about the reliability and worth of the people who have always been closest to you.

If he's less a con man and more a garden variety controlling jerk, he'll be more blatant, and possibly begin making requests that you see less of your friends and more of him.

Alarm bells should be ringing loud and clear. Stay away.

### **3. Does he constantly talk trash about his family, co-workers, friends, or ex?**

He has a dozen reasons why he shouldn't have to pay child support, and he just can't seem to find a single non-nasty thing to say about his mother. The world conspires against him, and he's gotten a raw deal, the unlucky breaks, the sucky bosses, and nothing is ever his fault.

Boy, is this guy bad news.

If he trash talks everything and everyone around him, chances are he is unwilling to take a look at himself to see just how offensive he is. There's about as much chance of a healthy relationship with a guy like this as there is putting out a forest fire with a water pistol.

**4. Does he always seem to have money for dates, expensive new sneakers, and other treats, but is unable to pay the rent (or is asking me for a loan)?**

At first these guys are a lot of fun. They know how to party and don't mind dropping some cash to treat a woman wonderfully.

However, it soon becomes clear that there are some significant issues with priorities. If he sports luxury Lugano shades and wants to take you to Dubai, but just got evicted from his crappy apartment because he didn't pay the rent, you know.

**5. Do I know where his money comes from?**

This one is tricky. When I first met one wealthy man who later became a very good friend of mine, I couldn't tell that he did ANYthing to justify the luxurious home where he lived and all the traveling he did for pleasure. When I asked about his work, he was vague.

The thoughts do go through your head at that point: drug runner, high political ex-pat or refugee, internet scam artist, jewel thief, gambler, inside trader, money laundering schemer, gangster, our politician. etc.

As it turned out, he was a prominent author who published under a pen name and didn't want to be "famous" among his friends and neighbours. He was (and still is!) an all-around nice guy.

But if you go into a deeper relationship without knowing something as significant as the source of a man's income, you could be in for a not-so-nice surprise later.

**6. Does he brag about what a good liar he is, or how well he can dupe people (his boss, his mother, his ex) out of what he owes them?**

He's proud of the ways he sticks it to his boss, shafts his brother-in-law, or consistently cons people into his schemes, guess what? You'll be next.

**7. Does he encourage me to do things independently?**

Con men, controllers, and other abusive men make it their mission to divide you from your friends, family, and independent interests, "in the name of love."

A man who values the woman you are when you aren't with him is a keeper; but if he only loves you when you're under his thumb, you've got one that you need to return to the wild and warn your friends against.

### **8. Are the details of his past verifiable?**

If you keep hearing different stories about where he grew up, who he's related to, or what jobs he's had in the past, it may be time to do a little background checking.

It's easier than ever to cross-check simple information online, and if you find disconnects there, it's worthwhile to ask him to explain.

Any guy worth his salt will fess up to any small things he might have said to make himself look better, and the ones who are trying to hide something are better kept off your list of eligible men.

### **9. Do I ever find myself uncertain as to whether he's about to show affection or become violent?**

This may be the leading indicator of whether or not this man is safe for you to be around. Blaming, shaming, harming, and hitting often go hand-in-hand with charm and sweet-talking for some of the most dangerous men, which can set up confusion and keep their victims constantly off guard.

Stay well clear of these men, and let your intuition guide you. If you have a hunch that things are not good, they probably aren't. Your safety is paramount, and no amount of justification can make emotional or physical abuse acceptable.

## **Letting a Decent Guy Down Gently**

Not every guy is a psycho, thank goodness. Sometimes you just find out that you're not a match and you want to be able to let him know without being unclear or unkind.

How hard is it? Not too hard!

And here are some tips for making it work smoothly and gently, every time.

### **1. Introduce Him to Other Interested Women**

The next time you see him and he invites you to join him for dinner or a drink, decline politely and introduce him to a girlfriend.

The message is subtle, but available if he's willing to see it. If your friend does actually find him intriguing, that's even better. The more he senses other options are available to him, the less he'll be focused on you.

## **2. Build Some Distance in Your Communications**

Every single call or sms or email doesn't have to be returned the instant it pings in. Letting his texts and emails and phone calls go unanswered or unreturned for a little while has a cooling effect. Be sure you DO respond, just don't respond instantly. When you do get back to him, be clear: tell him you're not interested in going out this weekend.

## **3. Sit Down with Him Privately and Explain**

If he's not getting the message that you're not interested any more, it's time to be very direct. You owe him that, no matter how embarrassing either of you finds the prospect.

Be sure to do this in private space, and have a clear exit plan ("I have to get to my class," or "I'm meeting a girlfriend for dinner,") so that you can easily make an end to the conversation. The whole thing shouldn't take more than 30 minutes – and the sooner it's over with, the sooner both of you can begin to feel better.

Oh, and DON'T let him be the last to know...

## **4. Be Honest**

This is a hard one, but it removes any ambiguity. In addition, if you can tell him the reasons WHY you're breaking up with him, he at least has a chance to understand how he might fare better in his next relationship.

Of course, it may be as simple as not sharing the same foundational goals, but often it's far more complicated.

This means you need to do your own homework, and come up with a way to encapsulate some of the significant reasons in a way that don't sound condemning or vindictive.

## **5. Make it Clean**

Don't agree to any "last" dates or outings. This only makes your breakup message harder for him to understand, and keeps the conversation on the table.

Don't "check in with him" by phone or text or email! He'll be fine, and he doesn't need you monitoring his progress. If you need to give yourself a deadline, wait at least 3 months before initiating ANY "checking in" kind of contact.

#### **6. Keep it Civil**

Just because you broke up doesn't mean that if you see each other at the local mall you can't smile and speak nicely as you pass. You may not feel like smiling, and you may not want to be friends, but if you're both normal and you do it right, there's no reason you couldn't live calmly in the same town.

#### **7. Keep on Rollin'**

This means you move on. You don't censure your social posts because you "don't want to hurt his feelings." You don't wait until he's dating someone else before you feel like you have permission to do the same. You LIVE your life, and let him live his.

# Part 3: Module Three

## Considering Commitment

You've sampled the Man Buffet and enjoyed some of the guys you've dated, chalked up lessons learned from others. And there's one particular man...

Well, you are starting to think he's a keeper. The real thing. The man for you.

How do you know if he's the guy you should consider an exclusive dating relationship with? How can you tell for sure that he's marriage material? Because there's a big difference between Mr. Right and Mr. Right Now, and simply saying, "I just KNOW," is not enough.

Here are the top 10 indicators that will help you determine whether he's a man with real potential for sharing the rest of your life with or just another good guy you're glad to have known.

- 1. He makes you feel great about yourself.**
2. You've both experienced considerable personal growth since you started dating each other.
- 3. You both share the same family values and foundational outlook on life.**
4. He values your opinion.
- 5. You've successfully discussed and agreed on some financial plans together.**
6. You never have the sense that he's hiding something from you.
- 7. You have great sexual chemistry together.**
8. You completely trust him.
- 9. The two of you have talked about marriage and/or he's asked you to marry him.**
10. Your most trusted friends and family have affirmed your opinion of him.

How many can you check off? Girlfriend, you deserve ALL of these BEFORE you sign on the line. Which is not to say you're ready to stop dating around and jump in with this one guy exclusively. You deserve plenty of time sampling the buffet; don't rush yourself or you'll get a cramp and later be singing "there's god oh".

Seriously, it's awesome when you find a guy you think could be Mr. Right, but there's still more to consider before you go there. Don't worry, there's are plenty of ways to find out if you're ready for an exclusive commitment, or if you'd rather simply date for a bit longer...

## Should You Simply Date, OR Are You Ready For Commitment?

Don't forget: just because you're dating a guy doesn't mean he's "The One." In fact, you get to date for lots of fabulous reasons. I'm not trying to convince you NOT to commit, but here are just a few reasons to consider simply dating for a while...

### **Dating (without commitment) is FUN**

Dating is waaaay more fun than watching Family Matters. But I was saying: dating lets you get out of your house, have a little pleasure, and get to know someone new.

### **Dating (without commitment) lets you test out new things**

Ok, so you're ready to try out the Catnip Principle, your new sexy Body Moves, or practice looking for conversational Sugar Spots (see earlier Wake Up Gorgeous lessons). Dating is your perfect opportunity!

### **Dating (without commitment) reminds you that it's not your job to "save" anyone**

If you're the type of woman who seems to keep bringing home the helpless lost puppies of the man world, dating without commitment can help you learn to break that habit. And once you're no longer looking for a pet project, you'll be much more ready to consider an exclusive dating arrangement.

### **Dating (without commitment) reminds you that YOU don't need "saving"**

Same coin, other side. You are not a princess in desperate need of rescue! You are a princess in command of her kingdom, and you get to hold tournaments in which men try to win your favour! How's that for turnaround?

### **Dating (without commitment) gives you time to unpack your baggage**

But not during the date, of course! Dating without commitment simply gives you time to work on some of the issues that either caused a breach in your former



relationships, or could cause one in a new relationship. Simply dating brings you some much-needed process and discard time.

**Dating (without commitment) lets you be your normal, attractive, not-desperate self**

Sometimes you may have felt like you had to twist into a zillion different shapes to be the person a particular man would be attracted to. Simply dating without commitment lets you enjoy being the person you REALLY are. Which will work nicely in your favor if and when you decide to commit to a man.

**Dating (without commitment) lets you know that you don't NEED a man to feel happy**

Your LIFE should make you happy; once you really encompass that idea, you're ready to add a man to the top.

Okay, you probably knew all that already. But it's always a good reminder. Because you deserve to have a little fun, enjoy some time growing into the sunshine, spreading your petals out under the sky.

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## What does commitment REALLY look like?

Committing yourself to one person can be an enriching and deeply gratifying experience. But it's also a risk, and you should know the realities of dating one man exclusively before you move forward with it.

Here are some questions to ask yourself (be painfully honest in your answers) so that you can begin to evaluate your own readiness for an exclusive dating commitment and eventual marriage.

**Does "forever" sound way too long?**

If you are with someone whom you already know isn't the right man, you probably don't think in terms of "forever." That's a good indicator that you're with Mr. Right Now, rather than Mr. Right. Nothing wrong with that, but don't make the mistake of committing!

**Can you envision your future lives together?**

This is the person you're considering growing old with and the only person with whom you'll ever be sexually intimate again. You'll grow into much of it, but you need

a good foundation to work from now. Can you see yourself with him 50 years from now? How do you envision your living situation, relationship with grown children, career, sex, and finances looking in 50 years? These are things you should think about NOW, because once you commit, it becomes harder to shift gears.

**Have you grabbed hold of your basic freedoms?**

Contrary to current cultural stupid-isms, you don't "lose" all your freedom when you get married. You should be the independent, fulfilled, expansive woman you are now EVEN after you get married.

The reason this cultural concept arises is because the two of you agree not to sleep around. Sex with one person is NOT the same as "miserably shackled." (In fact, it can be pretty damn good to get smokin' hot with your one man!)

**Do you have other priorities that you need to take care of?**

If you're trying to finish grad school, or if you have kids you need to get situated, or if you're trying to get financially back on your feet again, this is really not a good time to commit. A good time to date, absolutely. But save the commitment for when you feel solid and ready to put a chunk of energy into this relationship.

**Are you being absolutely honest with yourself?**

It takes guts and discipline to look at what YOU really want out of life and out of a relationship, and not let that dream be coloured by what other people want you to have. Before you commit, you should have a clear sense of your goals for life, and know that this man could fit into them.

**Have you established strong habits for self-care?**

What things do you do for yourself so that you remain creative, healthy, and beautifully in tune with your dreams, your surroundings, and your community? If you're still building in that area, this is a good time for you to date, but probably not yet time for you to commit.

**Letting Him Work For and Win Your Trust**

In the first section above, Top 10 Signs That He's Marriage Material, number 8 on the list is "You trust him completely." But before you rush right past that, tell me:

Do you tend to place your trust too easily?

How wisely you place your trust in a particular man depends on the following 6 factors:

**Factors that only YOU control:**

How well-adjusted and emotionally healthy you are

**Factors that you BOTH have a say in:**

How long you've known each other

Whether you've gone through some "rough times" together, and come out stronger

How well the two of you communicate

How well your interests coincide

**Factors that only HE controls:**

Whether he shows himself to be a man of integrity

So what specific things can a man do to win your trust?

He needs to convince you first and foremost with his ACTIONS that he can be trusted. But you can also ask yourself – is he honest? Do his words and actions match up 100% of the time? Does he let you see the real man beneath the public mask? And perhaps most of all, does he acknowledge when he's wrong and do his best to make it right?

**This is a bonus for you: "Shortcuts" to Trust**

Believe it or not, there IS a way to build trust even faster than usual. That's what happens when

- a) Someone you already trust "vouches" for him, or
- b) you have solid proof (experience or stories) of his integrity even before you begin dating.

This frequently happens when you have a best friend in common with the man you are dating, or else he's a friend of your family, and a trusted relative really likes him and thinks the two of you would be a good match.

# Do The Two of You Communicate Well?

Everyone knows that, communication is one of the pillar of a good relationship or marriage and Madam Aniekan was just spot on in what he says here.

I'm bringing it to you exactly the way she says, not my word here.

My old time lady friend and I were on a weekend beach trip together not too long ago. She's been married for a good many years so I asked her: what's the secret? She laughed, and said something cryptic: "O.M.U.W.," she told me.

"Omuw?" I asked, wondering if I'd heard her right or we'd both had one too many Obayagbon kind of grammar when he was in House of Representative. "What on earth does that mean?" And so she told me about the amazing mystery, which wasn't really a mystery so much as it was a brilliant and extremely simple piece of advice she'd gotten from her own mother. Four simple words, which had meant the difference between a solid marriage and a messy divorce:

## **Open Mouth, Use Words (O.M.U.W)**

It had been her mantra, and it had worked. Rather than relying on hints, or hoping/believing her husband already knew or understood what she needed, felt, and wanted from him, she relied instead on this basic principle. She told him. As clearly as possible, with as little drama and "beating around the bush" as she humanly could.

And it worked for her, and it's worked for me. I know it will work for you, too.

## **Thanks Ms Aniekan.**

And that's it! There's not another 17 pages of information on communicating with your man (although there are some things in the worksheet for you about it) – just that one simple principle. O.M.U.W. Open mouth, use words. It will take you so far!

# Part 4: Keep Him Panting at Your Feet...Forever!

## MODULE ONE

### Getting Your Man To Commit

You sparkling, gorgeous, attractive man-winner!

Have you allowed him to chase you until you caught him? I think you have.

Now you need to know how to navigate this next little section of the journey – the part that lies between simple, non-exclusive dating and...commitment.

Yes, commitment!

Just the two of you, all snuggled up close, not even aware of the rest of the world. (Y'all are so cute together!)

**Now, when I say “commitment” I mean that period of time AFTER you date non-exclusively, when you are only dating one guy, and the two of you plan to eventually marry.**

I'm assuming that because you're in this section of the program, you're interested in a committed relationship, either now or at some point in the future. But just in case you're not sure, it's a great time to do a quick goal check.

# Superfast Goal Check for Commitment

Ask yourself these two simple questions:

1. Why am I dating?

Because it's fun? Because I want companionship? Because I want to feel attractive? Because I am interested in sex? Because I'm bored? Because I want to get married?

2. How long am I willing to date a man before I expect to know for certain whether or not we will ever get married?

Three months? A year? Two years? (PS: the longer a timeline you have on this one, the harder it is to get out of the relationship when you need to get on with your life.)

**If you know you want to be married, and you have a clear timeline, the decisions about whether and how long to date a particular man become infinitely easier.**

I'm going to start with three little "Don'ts" because these three simple things seem to be deeply countercultural in the dating world these days. If you want your man to commit to you, here's what you shouldn't do...

## Number One Don't:

### **Don't Ask Him "Where the relationship stands"**

Instead, when you sense it's time to start having these kinds of conversations, you tell him what you're looking for. Don't make him guess, and don't make him struggle to express the very complex emotional feelings that the two of you have developed over time for each other.

Be loving and direct, and don't think you'll only ever be having one conversation about this, with him or with anyone. It's not a once-in-a-lifetime Academy Awards speech, it's simply a clear, direct dialogue that you're opening. More on this below.

The most critical thing you can do in this situation is to be ABSOLUTELY open to his response. In other words, you must be ready for him to say he's not ready for a commitment (if he's not ready).

You'll be vulnerable, but you'll also be authentic. You'll be telling the truth about your feelings and what you desire, and all of it will be real.

Remember that one of the most powerful tools you have in your toolbox is the fact that you are attractive to SO MANY MEN. You must allow him enough space to both

- a) see that you're incredibly beautiful and valuable as a woman and
- b) that he could seriously miss out if he doesn't act soon.

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## Number Two Don't:

### Don't be exclusive until you're engaged

When you stop dating around or seeing other guys, a man naturally starts to feel like the chase is over.

And it isn't, not unless permanent exclusive dating status is what you're looking for. But if you're looking for a marriage commitment, you should not be exclusive until you've (both) said "Yes" and that ring is on your finger.

I'm not saying you have to date tons of guys when you really want to focus on this one man who has Captured your heart. But DO keep looking, keep engaged, and continue to allow men to ask you out, meet you for drinks, and otherwise socialize with you.

**This is not cheating!** Here's why...

Being friendly and/or dating other men is NOT cheating when there's no explicit commitment between you and another man, and don't allow any man (or woman) to tell you that.

Sure it would be a lot easier for a man to control you that way, but sorry, you're not that easily won! If you were, guys just wouldn't be interested. Or they WOULD be

interested – in a way you probably wouldn't like much at all. They'd keep you on the side and feel free to Conquer as many other willing women to add to their "arsenal" as possible; easy enough since you're committed but they aren't.

Nope, you're not exclusive until you're committed.

And that means an actual, explicit, verbal agreement that the two of you are not seeing anyone else any longer because you have intentions to make this incredible dating relationship you've built permanent.

## **Number Three Don't:**

### **Don't Work So Hard to "Win" Him Over**

Ease back on the gas, darlin'. Remember that he's the one who wants to chase you, and if you're busy taking care of his every teensy need, some of them before he even knows it's a need, then you're stepping into his territory.

If you know for a fact that he isn't yet committed to you and you alone, take an honest look at the little list below. If you can check off two or more of these, you are too far into the deep end. You need to back out, catch your breath, and do a re-set.

- You're calling him by pet names all the time
- You make constant social updates on all the special things he's doing for you
- You automatically keep his fridge stocked
- You quit school
- You make sure he takes his medicine/vitamins every day
- You scribble your "married" name on everything
- You make all the decisions about where you'll go on dates
- You don't go on dates; you just go over to his place (or he comes to yours)
- You've quit thinking about furthering your career
- You call his mother "Mom"
- You've cancelled on your girlfriends recently



- You're looking for more ways to spend time with his family
- His BFFs (Best Friend Forever) are slowly replacing your BFFs
- You've been mentally keeping score of how much you do
- You're cooking dinner for him every night
- You aren't seeing other guys

Don't prevent him from doing what a man loves to do most – and that's winning the juicy, delicious, exquisite prize that is YOU!

Okay, are you ready for some "Do's"?

## Number One DO:

### Do Be Clear About Your Limited Availability

You may notice that this one looks a good bit like the Number Two Don't. As mentioned before, you should not be exclusively dating someone unless you have a clear understanding that the two of you plan to get married.

And if your goal is to get married, **you DON'T want to hint that you want to get married.**

Let me say that again: If you want to get married, do NOT hint that you want to get married.

Instead, you want to make it clear that you will remove yourself from a relationship that doesn't appear to be going anywhere. You can even give an example of that as you communicate with him.

Chidi: So, do you ever think about getting married?

Tonye: Sure I do. In fact, that's why I broke it off with Ochuko during grad school. We'd dated for nearly two years and I really thought he and I would eventually build a life together, but he never seemed to get serious about it. So I realized he wasn't the right man for me, and I knew I had to move on. A break up can be painful, but I'm

just not willing to invest too much into a relationship once I know it's not headed toward something permanent.

Be clear and don't give all the details of a past relationship other than to explain that it wasn't headed toward marriage. Minimize the drama, but make your point plain.

Here's another one:

Tony: So, do you ever think about marriage?

Tina: Definitely. Dating is fun, but I wouldn't want to date the same guy for more than a year without knowing it was serious. Besides, I don't think it would be fair to string someone along, or deprive myself or another person of the chance of finding that special someone to grow old with.

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## **Number Two DO:**

### **Do Maintain Your Mystery**

It simply isn't necessary to tell, show, express, or exhaustively explain EVERYthing at about yourself, and in fact, you shouldn't. Men love a little mystery because it revs their "chase it" engine. Never take away the joy of that from a man.

Let your private routines remain yours to cherish and enjoy, whether that's a special beauty regimen, your hobby of the moment, or even a regular time away from it all. You don't have to relate every detail of your day each day. It isn't necessary to give the complete backstory on each of your childhood friends, recent jobs, lifetime pets, and (especially) past boyfriends.

Keep developing new interests. Keep following your intuition and when asked why you know so much, flashing your secret smile. Stick with your girl posse. Maintain your independence.

You want to remain intriguing to him, always.

## Number Three DO:

### Do Stay SEXY

Sexuality includes a whole spectrum of things from a flirty smile to unforgettably hot-n-steamy intercourse (seems like I should add “and beyond!”), so regardless of how long you plan to wait before having intercourse with your man I’m going to include a few quick goodies here about sex and sensuality that you’ll find useful no matter what level of intimacy the two of you currently share.

Sensuality is a huge part of any intimate relationship, and smokin’ hot sex is the foundation and jewel of every solid long-term relationship like marriage. Why is that? Because when the sex is phenomenal, your intimacy, trust, and communication levels are typically very high. Which makes for fabulous relationships.

And just in case you haven’t already discovered this marvelous open secret, awesome and frequent sex is even more of a priority for a man if he is between the ages of 18 (I’m going with legal consent age, here) and 35. Ladies, you get your turn at the fabulous hormone waterfall at 30 and beyond (that’s a different book, and it’s an amazing one).

So if you want to secure the commitment, being so damn sexy he’ll be unable to think of anyone else but you is on your “remember this” list.

And the gospel truth is...**it’s not that difficult!** Guys are actively open, actively ready to be enticed by your sultry look, your sexy walk, and your fabulous smile. 24-7! Here are a few pointers.

#### 1. Look the part

Most women get the “dress fine” part down pretty well when starting a dating relationship, but it’s important to start well and stay there. Even your sweats should fit you well and make him want to stare at your rear view.

Regardless of your weight or size, ditch the clothes that don't fit and make you feel frumpy. Invest in a few sexy items. Engage a well-dressed girlfriend for help if necessary. The main look you're going for is classy, beautiful, and hot.

When you look sexy, you feel sexy. And if there is one thing a man loves, it's a shimmery, silky, sexy woman. That's you, gorgeous!

## **2. Do the research & work the plan**

"Routine" sex is what happens on it's own. Mind-blowing sex takes some devilishly delicious planning and effort. In a committed relationship, the sex should be frequent, hot, and unbelievably satisfying for both of you. That means you have to work at it. Learn what you need to know from a sexy girlfriend who's willing to share all (beach trip!). Read up on it. And decide that you are going to be the hottest thing he's ever encountered.

## **3. Make him a believer**

Don't fake your arousal, orgasm, or sexual pleasure for his sake. Instead, FIX what's wrong if it's in your power, and communicate your needs to your lover.

And my number one prescription for giving him the kind of sex he's always dreamed about but never had, while also revving your own engine? Take responsibility for your own orgasm. Learn what it takes to get so aroused your bones liquify and you see fireworks. Then, you sexy siren, show him.

(Bonus points: Narrate what you're doing.)

(Double bonus points: Tell him what you're going to show him the day before or morning of. Let him have trouble working all day while he waits.)

## Part 4: Module Two

### The Two Biggest Sex and Love Questions

Okay, we've talked just a bit about sex, but before we leave the subject I want to take one more dip into the warm, silky water of the subject. Because everybody has an opinion on the following question, and mine is the right one, haha.

Seriously, here are my reasons for the answer, and you can read 'em and tell me if you agree. But you will.

#### Question One: Should you have sex on the first date?

No. Never. Not at all. Perish the thought.

Sex on the first date is like intercourse without foreplay.

WHY would you do that to yourself?

Well, you wouldn't! And here are my further brilliant reasoning on the topic.

##### **1. Waiting = foreplay.**

As mentioned before, waiting to have sex allows you to create some very delicious tension around the act. Just read any erotic novel. Doesn't it seem like the author pulls out every stop to delay, draw out, and intensify the eventual fireworks by making the characters WAIT? Girlfriend, give that butter time to melt, cause it's going to make the dish that is YOU even more delicious.

##### **2. Waiting gives you time to make the best decisions.**

How long does it take you to truly evaluate whether or not you want to share an intimacy like sex with a man? Chances are it's longer than it takes to share dinner and a drink.

##### **3. Waiting keeps you both tuned in.**

The tension is there. Will you make it to home plate? The game is in the works, and it makes you both more interested in tuning in to each other for each new play, each move, each episode. When you jump in the sack too soon, the excitement of that

very first game will never be re-Captured with that particular man, so don't make the decision lightly.

#### **4. Waiting allows him to be a gentleman.**

And it keeps you from feeling like a tramp. Why would you willingly take away the very thing that lets you both be seen and experienced as any less than the respectable, grown people you are? C'mon, you know as well as I do: one night stands are no one's example of a real relationship with growth potential.

#### **5. First-date sex is sex with a fake person.**

I don't mean the sex is fake, I mean the person you're in bed with is fake. This man exists primarily in your head. You haven't taken the time to get to know him, and he's mostly made up of your projections of what you'd LIKE him to be like. Not very satisfying, hehehee?

#### **6. First-date sex kills respect levels.**

Meaning your self-respect, not so much his. Guys generally have a different view of one night stands, and get over them quickly and easily. Women, not as easily. I'm not saying that's fair or good or right, it just IS. Do you have any reason whatever to lower your respect levels?? Didn't think so. That's no help to anybody.

#### **7. You don't want to "share."**

There are just so many things that shouldn't be shared. Men and STDs are two of them. When you wait, you get to know more about the man you're interested in, and that includes finding out whether or not he's the village bicycle that everyone rides. You'd rather have an exotic luxury trip on a cruise line built exclusively for you, no? Me too!

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## **Oops. You had sex on the first date. What now?**

If it's too late and you've already made the mistake, just know that you get to try again. Most likely with someone else.

It's a painful position to be in because sex can be such a powerful thing, and it's best with a person who really cares about you and wants to know you in that amazingly intimate way.

Also there's the possibility of accidental pregnancies, which can tie you up in many emotionally difficult ways, all of which have lifetime consequences. I'll bet you know someone this happened to. I do (more than one, in fact), and you'd be amazed at how people can rise to the occasion, and restore your faith in humanity. Just letting you know there's lots and lots of hope and possibility for a good future there...

But if none of that is the case, that particular relationship – if you can even call it that – is over.

It COULD work, but it probably has about as much chance One Naira (N1) going to Two Hundred and fifty dollar (\$250) in Nigeria of today, so try to learn something from it and move on.

Most importantly, don't endlessly beat yourself up about it. Yes, it's important, but it isn't the end-all, be-all. You get to keep on. There's much, much more to a real relationship than one night of poorly-considered sex.

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## **Question Two: Should YOU Be the First to say “I Love You”?**

I want to take a short little break to open up this seemingly simple little question that women ask ALL the TIME, because there's a very good, very succinct answer and you should know it.

You should NOT be the first one to say “I love you” in your relationship.

That's the short answer, and here's the (admittedly longer) reason why.

When you say these three not-so-little words before he does, you automatically do two things:

- You take away his preferred role of pursuer, and
- You instantly cause him to feel the pressure of a “serious” relationship.

The truth is that there's no reason to be the first one to say the “magic” words!

If you've already been very clear with him that your availability is limited (see above) he knows he only has so much time. If you press the point and he's not ready, he's likely to run. Which may be fine on the one hand, because it will tell you that you moved too far, yes too fast.

**But why risk it? Use your ninja discipline! Let him be the first.**

Let him be the one who marks this milestone in your relationship. It not only allows you to maintain the romantic tension in the relationship, but it lets you know very clearly where he stands.

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## How to fix it if you already said “I love you”

Okay, so you had one glass of wine too many and got carried away. The three little words slipped out and you can't take them back or laugh them off. Hate it when that happens!

But it does happen.

And don't worry, it CAN be repaired.

Here are the two things you can do to “fix it” if you've already said “I love you” first. I call this the Magic Two Step, and I hope you won't need it, but in case you do, you'll be set!

### **1. DON'T mention it again.**

It happened, and you don't want to draw any more attention to it. Let the river flow on by, and relentlessly remind yourself that it's not a huge deal.

### **2. Build some distance back in.**

You were too available, but now you can back up just a bit so you both can breathe again.

I think of this as the Rubber Band Principle, and it works like this.

A rubber band “works” when it's tight. That's how it holds up your pony tail, or keeps all your pencils in a bundle. But if it's loose and wobbly, it can't fulfil its function.



Imagine that you and your man each have one side of the rubber band. If you get too close to his side, there's no pull, no tension. So back 'er up, sugar doll, and viola! The tension magically returns!

How to do that in this particular situation? Easy.

Stop returning his calls, texts, and emails the instant they ping in. Don't be constantly available. Don't just pretend to be busy, actually stay busy! He's going to eventually want to win the prize of some of your valuable and not-so-easily-won attention.

Maintain your discipline, and be sure to keep on engaging and friendly to other guys. Work your sexy! It's going to bring you results, and if you can keep from focusing constantly on the one mistake you made, you just may find it slowly, sweetly, finally disappears.

And you're not likely to make that one again, now are you?

## Part 4: Module Three

### What's That Ringing in His Ears... Wedding Bells?

Dating is the foreplay of marriage. Which makes marriage the smokin' hot sex, of course. Sign me up.

Oh wait, I'm already off that waiting list and in the hot and heavy, woman, and if you love being married one tenth as much as I do, you're in for a fast and fabulous ride (and I'm not just talking about sex, either) (Although I really like talking about sex. Sex is awesome. Now back to your regularly scheduled program).

Don't forget to go back and review the Top 10 Signs That He's Marriage Material, because it will give you a quick read on whether or not a man is going to be the kind you'll be able to build a lifelong relationship with.

But just because he's "Marriage Material" doesn't mean he's actually READY for marriage.

Below you'll find 12 indicators that your man is not only Marriage Material, he's actually getting ready to tie the knot!

## 12 Signs That He's Ready for Marriage

### **1. He's had his fill of "sowing wild oats" (or he's too disciplined to do that)**

It's absolutely true that some guys are going to get it out of their systems, come hell or high water. They are overflowing with hormones and are driven to have sex, and their discipline levels are a little less than adequate for stemming the tide. Or maybe they just don't care.

It doesn't really matter WHY they do it, but plenty of men WILL spend every waking moment in pursuit of easy sex.

Don't (don't, don't, don't!) be the woman who fulfills that need for them if you're interested in any kind of lasting relationship with that particular guy. I can pretty much guarantee you that nobody who has sex on the first date ends up in a committed relationship with that person.

## **2. He's financially independent**

Or he's at least well on his way toward financial independence. If you commit to a man who is currently living on a meal ticket (i.e., in his parent's basement, sponging off friends, or otherwise mooching), he is NOT ready to make the step toward commitment.

On the other hand, if he's made it past his first few minimum-wage jobs, and is working to build a nest egg (and maybe even some engagement ring money), he's definitely in the "ready to commit" category.

This one can trip you up, because there are just SO many sexy guys out there trying to "make it big" in Nollywood, Entertainment Industry... Those guys are fun and exciting, but not ready to settle down.

Hard bodies are H.O.T., but the Urge To Merge is what you're looking for.

## **3. You aren't a secret**

He's already introduced you to his friends and family, and speaks frequently about you to all of them. He's confident that you are the one he wants to be seen and associated with. Can you say Ready for Commitment? This is it!

## **4. His language has gone from "me" to "we"**

His plans almost always include you, and he talks about the things that you'll both accomplish or do together frequently. He talks comfortably about your future together, and may even have brought up plans for marriage and kids.

## **5. He already knows he wants to be a dad**

You sometimes find this particular characteristic in the 30s and over set of single men. Guys DO have a biological clock, but it tends to ring AFTER they get their career going. If you find a man who is already having thoughts about becoming a father, you know he's prime for commitment.

## **6. He loves your quirks**

It's okay, you can admit it. You have a few... odd little things about you. Like the way you have to organize the zippers at the fabric store, or the fact that you can't read a book without circling all the misspellings. Or maybe you can't stand to eat while walking, you crack your knuckles during movies, or you put salt on your watermelon. He knows, and he finds you entirely charming.

## **7. He actually... likes... your family**

Not everybody gets this one in their man, but when you do, it's notable. He's shared your family's special events, and he's even been helpful and supportive during bad times that your family has gone through together. He may not call your mother "Mom" (I personally object to that little practice, don't know about you...), but he's clearly connected and engaged with the people who call you theirs.

## **8. He raises the subject of marriage**

Or he says "I love you." This is a big deal, as we've hinted at before. Since men tend to come around more slowly on these two biggies, if you have one that's already there, you definitely know he's ready to settle down.

## **9. He's interested in your goals for the future**

And he's helping you make your way toward them. This tells you that he can envision both of you years down the road, working together toward both of your dreams. Your goals are important to him because YOU are important to him.

## **10. He makes room for you in his house or apartment**

You know a guy is NOT ready for commitment if he is very careful to return any items you've left at his place, especially personal items that might indicate you're in it for the long haul. But when he is feeling all nesty, you'll start to find he has put your magazines on the coffee table, keeps a special drawer or place in the closet for you, or asks you for help in arranging his kitchen or den just so.

## **11. He's completely comfortable when you take his calls**

You know that feeling of trust you have when you let someone else answer your cell? That's the kind of trust that says "This person is totally okay with me. I'm at

HOME with him/her.” If you happen to be nearest and he tells you to answer his phone for him, that’s a powerful indicator of his willingness to commit.

### **12. He likes to spend a lot of time with you, not necessarily having sex**

He clearly gets a lot of pleasure out of simply being with you, even if he’s not trying to get into your pants. This lets you know he thinks of you as a keeper, and is very open to being committed to you.

## **So, should you try to “get him” to pop the question?**

No, absolutely not.

Men are not stupid, and when one is growing more and more committed to you – **and he KNOWS without a doubt that you have limited availability**, he’s going to know there’s only one way to catch and keep you and that’s to make you his. Permanently.

Men are in different stages of willingness to commit, and the truth is, you want to be found by a man who is nearly ready or who is actually ready to get married.

Sure you can enjoy the dating life for as long as you like, but once you know you’re ready to commit and you have a timeline in place, you are working a different plan. That is the reason for this entire section of the program.

For this part to work out, you need to choose from the men who are looking for a commitment, because there’s no use in spending all your very valuable time trying to change one particular man who is dragging his heels.

That just creates resentment, and why would you do all that when there are SO MANY OTHER MEN out there who are ready and eager to settle down?

So rather than trying to manipulate an outcome, simply open yourself to the many possibilities out there, and understand that there are literally hundreds – if not thousands – of possible matches just waiting to discover you.

## **The Pollen Principle**

Does a flower create one single grain of pollen and invest all her hopes and dreams in it? No way! She was made to create thousands of possibilities so that there's never any doubt that her kind will be reproduced.

Here's another way to think of it. Remember that picture from Biology/Health class in secondary school with the thousands of sperm RACING toward the egg? If the one in the lead suddenly makes a U-turn, the others are going to win the prize.

Can you even name ten of the dozens of varieties of apples there are to enjoy?

Okay, here's my point, if you haven't figured it out already:

**Nature never puts all her eggs in one basket. The deck is always being stacked in your favour! There are a lot of guys you're likely to be highly compatible with, and they have one chance at the prize that is YOU.**

Do you think she made only ONE man, wound him up and set him loose in the universe to find you? Are you kidding me? There are ALWAYS lots and lots of possibilities for you to choose from!

That's the Pollen Principle.

So be at peace and know that if one man isn't the right match at the right time, another one is.

That's why I'll go completely out on a limb and tell you this:

If you have carefully evaluated your man, you know he is marriage material and he also seems READY for marriage, he know your availability is limited and he STILL hasn't asked you to marry him...

I hereby give YOU permission to "pop the question."

BUT! You need to be ready for him to say "No." Because the simple fact that he hasn't asked is telling you all you really need to know...

But I don't really think that's what's going to happen. There are too many guys out there waiting for your time, your attention, and your commitment.

If you've really done your homework and worked your plan, you're going to be in a position of choosing WHICH man you're going to commit to, rather than trying to get a particular stubborn one to jump through hoops.

With that firmly in mind, here are a few more things you'll want to know as you get closer to your actual wedding day...

### ***Why he will love the wedding (but not want to plan much of it)***

You may think guys want to get married about as much as Paris Hilton wants a life of anonymity. Surprise, guys really DO love the idea of marriage.

And most men love weddings, especially their own. Who wouldn't love a giant party thrown all for them and the lovely, sexy woman of their dreams? Well, and getting you naked (over and over again) after the party...

However, it's less important to them whether the napkins list his name or your name first in the engraving. They don't care overmuch whether you have a vanilla crème or lemon chiffon filling in the layer cake, and they are extremely hard-pressed to help you decide between an elbow-length or a shoulder-length veil.

If all those million details are your particular delight, have at it! But know that just because he leaves those things to you DOESN'T mean he isn't excited about catching you once and for all. His indifference to white tablecloths over off-white doesn't mean he's indifferent to YOU.

Two big things about planning the wedding, and how much craziness you're willing to endure:

#### **Set a budget at the very beginning.**

A N500,000 wedding will have far fewer details to handle than a N1,000,000 wedding. Want to cut back on crazy? Reduce your budget.

And try to remember that the wedding happens once, but the marriage happens every day for the rest of your lives. You'll want to invest in your relationship, so try not to empty your bank account on the party.

**Remember who the wedding is REALLY for.**

Yes, yes, you and him are at the center of things, but this will most likely ALSO be a major event for one of both of your families, not to mention all your friends.

If you want to keep a lid on the project, work with the primary people who want to be involved to set a guest limit (in addition to the budget). I'm not saying it will be easy, but if you can pull it off, it will help.

If you do manage to involve your man in some of the details of planning a wedding, try not to treat him as room décor. Be open to his opinions, EVEN if they differ from your own.

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## **5 ways to stop worrying about the bachelor's party**

It's stressing you out, just thinking about it. Strippers, Vegas, bad drunken decisions. The Hangover, for pity's sake. Nollywood LOVES this mix, and we lap it up, don't they?

Don't worry, there are several approaches you can take.

**Remember: There doesn't HAVE to BE a bachelor party.**

Not everybody has one. It's not mandatory. Your wedding – and all the related festivities – belong to you. Just because your fiancé's buddy has the great idea for a night of X-rated debauchery doesn't mean it has to happen. You and your man can firmly communicate your preferences, and even suggest alternatives.

**“Grow up” your bachelor party. Try these alternatives.**

Nothing says you're required to have a bachelor party at a strip club. In fact, it may not even be a very good match for the guy you're marrying. Maybe your man would rather have box seats at one of the games of his favourite sports team, or one of the following alternatives... Hey, they could even be co-ed, if desired!



- Comedy night
- Wine tour/tasting
- Road trip
- Charity day (build a house for Habitat for Humanity)
- Whiskey tasting
- Paintball
- Beach house with friends
- Dude ranch
- Rock concert
- Pool tournament
- Bartending class
- Bungee jumping
- Camping trip
- Casino night

**Make the bachelor party location/activities decisions together.**

Often there's a "crazy friend" in charge of the stag party, but if you can get control of it away from him – or find a way to include him in your planning – you stand a chance of having a party that fits both of your expectations and won't ruin the wedding or the marriage before it gets a chance to begin.

**Make your position on "cheating" crystal clear in advance.**

Sex is a whole spectrum of things, and when a stripper finishes a lap dance and offers to "finish him off" for an extra hundred bucks, it's not a great time for a clear thought process to happen.

Have a calm, clear conversation with your fiancé well in advance of the big party, and let him know where your boundaries are.

**Let him know you'll be ready and waiting after the party.**

If there's sexual energy at the bachelor party, the best place to discharge it is with you. Let him know exactly how you'll be dressed (or not) and how hungry for action you'll be (very) on the night of the party.

Make the effort to be awake and ready to receive his advances, and you'll defuse the built up power of just about any night at a strip club.

Don't forget that having an advance plan is a great way to avoid last-minute problems. That includes rules about boundaries, having a designated driver, and setting beginning and end times and locations. You've both come too far to let this last detail wreck what you've worked so hard for!

## Part 4: Module Four

### Never Quit Letting Him Woo and Win You

Well, gorgeous, you have been incredible. You've really put the time and energy into this, and you get to walk away a huge winner.

And the story isn't over, not by a long shot. The principles and tactics you've already learned will serve you well way past dating and into commitment, marriage, and happily ever after.

Sure, there will be bumps – a few fender-benders as well as a nasty little wreck or two – but the simple fact is that you're strong and you'll get through it all. You're an incredibly resourceful person, and you know how to find the help you need.

With that said, I have just a few little pointers before we part ways for a while, and I hope you'll enjoy them. I worked really hard (not really) to make sure the last word was about sex... : ) You know I got to do another program on that, trust me.

**In fact, I'm currently working on it now and it's mainly for married women and ladies who are already in a much deeper and committed relationship.**

And finally, be sure to download the Great Big Final Quiz Worksheet for this section.

Remember when you took the Conquer His Heart Quiz back at the very beginning of the program?

**Well, back then I promised you that if you went through the whole program and really did the work, you'd see some AWESOME changes happening in your life. And I said I would show you where you can look in the program for help in specific areas.**

So when you download that last Quiz Worksheet, you'll get all that information in one spot.

Seriously, keep the fires burning. You rock. It's gonna go crazy-good for you!

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## **Keep the romantic tension in your relationship**

Never forget the Ballroom Dance (or Rubber Band) Principle. If you sense that you've overstepped and gotten way too in his space, back it up a few steps. Don't be constantly at his side, in his inbox, on his cell.

You both need room to breathe, and he needs time to MISS you, want you, and do dirty things to you... See where I'm going with this? Plan a girl's night out, focus on your workouts, your hobby, your career. Keep on giving him the smokin' hot thousand-watt smile, the flirty, knowing looks, the sexy little messages... But let him WIN the PRIZE.

Work it, girl!

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## **Get both your hearts racing (regularly)**

Yes, you already know about date nights, but the truth is, when you do slightly crazy, a little bit risky, wonderfully fun things together, you exponentially increase your relationship bond.

When adrenaline is released into your body, you get many of the same feelings you do when you fall in love. Your heart pounds, your stomach flutters, and you wonder if you're crazy or just ridiculously, intensely happy. (The answer is "Yes!")

Consider a regular infusion of pulse-racing adventures together... White water rafting, dirt biking, rock climbing, and caving all qualify, and there are plenty more where those came from.

If your man isn't up for actually trying a heart-racing activity, you can watch one together, live and in person, or even in an SilverBird theater. Try a spooky movie, a day at the races, or the running of the bulls.

When the excitement's over, both of you will be amped for each other!

## Don't ignore problems

It's so easy to sweep problems under the rug rather than deal with them. After all, dealing with them often means a sticky, messy pile of work.

Of course, if you don't deal with them, you may end up with a pretty lumpy rug, and at some point you can't walk across your floor because of the mess.

Make a list of the top 5 trouble spots that have sideswiped your relationships before and decide how you could avoid or repair the damage if only you'd known then what you know now. Put those old mistakes to work on your behalf.

And be honest. If you have some personal issues that need fixing, get them fixed. You're in it for the long haul, and it's worth the investment.

## Keep it SEX-AAAY

Practice being a little (or a lot) naughty. Break some of the rules you always had about sex, like no sex outdoors, or before brushing teeth in the morning, or when you're at the in-laws' house. Try new things like doing a strip tease for him, and initiate sex regularly. Read up, stay informed, and lay your wicked-sexy plans, darlin'. Because there's nothing more arousing than a woman who wants to have smokin' hot sex with her man.

Most of all, don't forget to take your own pleasure. Learn – if you haven't already – how you love to be touched, stroked, licked, and pleased, and tell (and show) him exactly how to do it all. Lay back and guide him through a mind-blowing session of oral sex (if you're not offended with it), or ask him to drench you in oil so that everything slides like magic...

There's plenty of help to be had out there. Make it your personal mission to keep it red-hot and unforgettable and you'll both be very, very happy.

Here's to YOU, beautiful!

Enjoy all the great things you've won. You deserve every one!