Be Irresistible®

What If You Knew WHAT MEN SECRETLY WANTED But They Could Never Tell You

James Bauer

What Men Secretly Want

How To Understand A Man So Well

He Will Be Addicted To You Forever

Table of Contents

The Single Most Powerful Factor 8

The Difference That Makes All the Difference..... 9

"But I Don't Disrespect Him!".....12

“So what do I do about it?”.....13

Your Secret Barometer for Success 17

He Craves Your Respect 18

How Your Appearance Affects His Emotions.....25

My Guy Doesn't Seem to Care That Much about All This Respect Stuff 26

Double his desire for a committed relationship 29

Why do men pull away in the first place? 31

What you should do when he pulls away.....34

You Deserve the Best 39

The Respect Principle In Practice 40

Stop Being Interesting and get interested: How your interest level can attract guys like a magnet.....59

Some Essential Background Knowledge 61

From Theory to Application.....65

Forget about Being Interesting.....67

You Can't Fake Sincerity 69
What if… 75
Get a Guy to Commit: Increase Attraction While Setting Standards 76
The Good News 78
Here’s Where I Stand 79
What If This Scares Him Away? 82
Draw Him In 83
A New Experience 85
How to unlock his emotions and get him to open up. 88
Invite, Don't Force 90
Two languages 91
What Do You Want? 92
The Story 93
The Method 100
How can you find Quality Men? 103
Where to Meet Quality Men Worth Dating 104
The Active Ingredients for Your Love Potion 105
First, Add Propinquity 108
Next, Get Specific 109
Why You Must Get Extremely Specific 112

Meet Your Avatar.....113

Markers of a Quality Venue 119

How to Create Your Own High Quality Venue 123

Places and Situations to Avoid 126

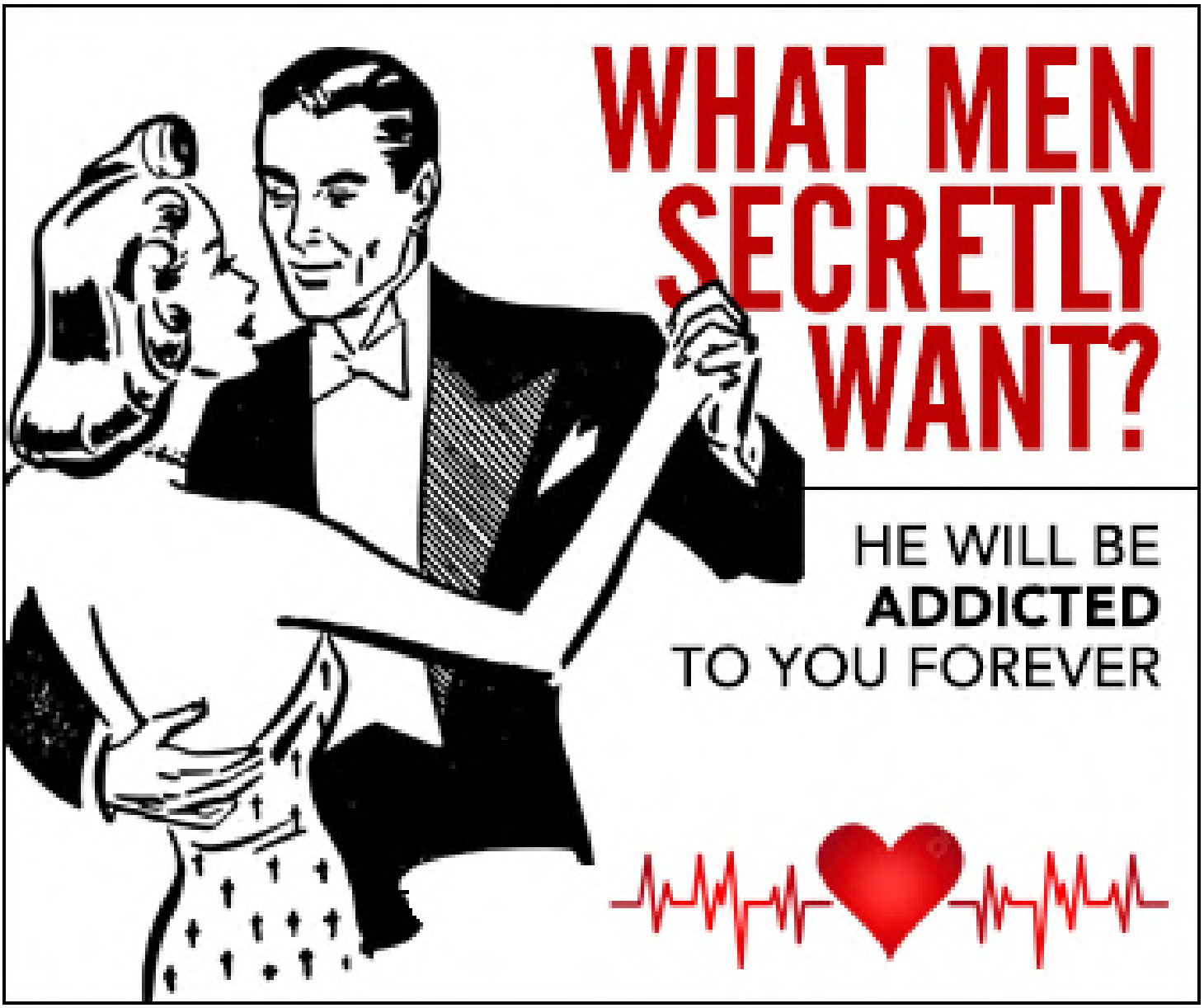
Avoid Large Groups of Exclusively Female Friends 127

Be Approachable.....128

Should I Avoid Internet dating sites? 130

Finding Men Summary 131

The End? Nope.....134


WHAT MEN SECRETLY WANT?
HE WILL BE
ADDICTED
TO YOU FOREVER

The Single Most Powerful Factor

Discover the Single Most Powerful Factor That Will Determine Relationship Success (and how you can control that factor)

If you find yourself in a relationship, this guide will offer you a powerful method to ensure the relationship flourishes and lasts. One of the worst feelings in the world hits when you're in a seemingly healthy and happy relationship, only to find the man pulling away for reasons that don't make sense. While your friends and family can console you and offer advice, this guide will open up your eyes and show you things you've never thought of before. I hope you'll experience a relationship epiphany and gain insight into the confusion you've faced throughout your dating experiences.



By now, I'm sure you've heard a number of different explanations on how men and women differ in their thoughts, motivations, hormones, drives and interests. Scientists and authors typically fail to reveal the immense

importance of one particular difference between men and women. This guide explains one of the most powerful key ingredients for connecting with a man on a deep emotional level and offers insight into his thoughts and motivational drives. Let's get started.

The Difference That Makes All the Difference

I'm sure it's no secret to you that men typically struggle at explaining all of their complex emotions and feelings. One of the most powerful driving forces men feel is caused by their high testosterone levels. And no, I'm not talking about their sex drive (though that too is influenced by testosterone). I'm talking about something that saturates his mental and emotional experience to such an extent that he would have a hard time explaining it to you, because he doesn't even realize it's there.

It's as if you tried to point out water to a fish that had lived its entire life swimming in the deep blue sea. If the man has never experienced anything different, then he has no frame of reference that allows him to perceive the presence of something.

Put yourself in his shoes. You have an ever present drive and need for something in particular, but you've never particularly noticed it because it's always been there and you've never known anything different. Now add another factor. You're not a woman, so you didn't grow up practicing emotional expression as your primary way of socializing with other people. It's for these reasons that you've grown up around men your whole life but

never understood the incredibly powerful effect behind their need for respect.

If given a choice, men would rather be respected than loved.

What comes next is critical for you to understanding the rest of this guide. **If given a choice, men would rather be respected than loved.** You may think you know what that means, but read on to discover how radically different men experience the idea of respect in the context of their relationship with you.

Shaunti Feldhan's survey research echoed the same results that constantly crop up; *men crave respect even more than love.* What I found particularly fascinating about Feldhan's research was the challenge she faced when designing her survey questions. Men couldn't understand the difference between the two options they were given. The survey asked which of two undesirable options the men would choose if they had to select one:

Would they rather feel…

1.) Alone and unloved in the world?

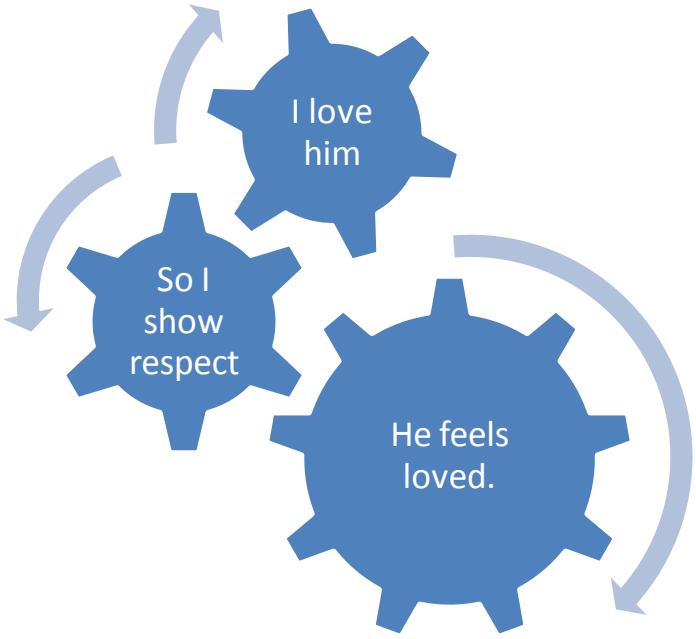
Or…

2.) Inadequate and disrespected by everyone?

Many of the surveyed men were confused because they couldn't determine a difference between the two. Think of the implications of that. Now

consider that even with this confusion, 74 percent of men answered that they would rather feel unloved than disrespected!

Men Equate Respect With Love. Without Respect They Do Not Feel Loved



Example: *Because you love him you show, you him respect. Ultimately, this makes him feel loved.*

"But I Don't Disrespect Him!"

Just to clarify, I know you don't actually disrespect him. If you did, you wouldn't be pursuing a relationship with him and worrying about how it's going to turn out. What we're talking about here is the complex and unique “male” perception of respect. It's not that you're wrong or that he's right to feel disrespected. Rather, I'm approaching this topic from the assumption that you would like to have the power to influence the way he experiences his relationship with you. From that perspective, I'm focusing on what you can do to send the message you want him to receive. Of course, we could just as easily work on helping him to understand your perspective, but this guide is for women, so my focus is on empowering you.

What if I told you that I want you to meet a friend of mine because I think the two of you would be perfect together? After you undoubtedly pepper me with questions about the guy, what if I told you I knew for sure that he would love you, but I also knew for sure he would never **show you** that he loved you? Would you be interested? I hope not. You deserve better than that. Consider that for men, knowing in your own mind that you have respect for him is not enough.



Would you be satisfied if you were with a really great guy who never said he loved you and never showed that he loved you?

What if you confronted him about this and his response was, "What's your problem? I wouldn't be with you if I didn't love you, so that's proof enough. Get off my back!" My point is this. Basic human respect is not sufficient for a man to feel truly loved by the one person in the world that is supposed to be most special to him.

"So what do I do about it?"

While talk isn't enough with love, you can make a lot of progress in the right direction simply by making a point of telling someone that you love them. Unfortunately, this doesn't work as well when it comes to respect. You cannot simply tell him, "I really respect you." It just doesn't work the same way. Fortunately, there are some easy ways to learn how to turn on his emotional attachment switch by gracefully adding respect into your communication patterns.

Here's the thing. Underneath all the bravado and displays of confidence, men feel a deep insecurity that they will never discuss openly.

In the womb, men's brains are saturated with testosterone. During the first year of life their genetics continued the masculinization of their brains by manufacturing high levels of testosterone similar to those seen in teenage boys during their growth spurt. Then the testosterone levels decrease during a quiet phase before surging again when they hit adolescence. The effect of this powerful hormone is far-reaching. Among the changes it

evokes in the human brain is sensitivity to social hierarchy, a strong drive to obtain recognition and respect, and instincts for exploration, adventure, and practical accomplishments.



As a result, men are far more sensitive to any slight to their sense of competence. I'm sure you've experienced this on countless occasions, whether a man grew frustrated after losing a game, or became defensive when fighting for the check at a restaurant. They are highly sensitive to unspoken pecking orders that form within social groups. In fact, you can measure a man's testosterone level before putting him together with a group of men and sending him out on a boat together for several days. When they come back, the pecking order established through the normal socialization of the men will have caused shifts in the men's testosterone levels. All the men will have an initial surge in testosterone because of being thrust into a new social situation without an established pecking order. This will cause them to be more focused on achievement, more aggressive and less emotionally sensitive in their pursuit of goals.

However, those who end up at the bottom of the pecking order will experience a decrease in testosterone while those who end up toward the top of the pecking order will experience an increase.. It's a hormone that guides the drive to serve as a leader and to achieve success in pursuing goals.

Even though it doesn't always seem this way, men **do** care deeply about relationships. But throughout these relationships, men face the fear of not measuring up. This is why so many women complain about husbands who refuse to pull over and ask for directions when they are lost.

When a woman suggests,

"You don't know where you're going. Wouldn't it be easier just to stop at this gas station and ask for directions?"

She inadvertently crushes her man's feeling of competence.

His feelings of insecurity emerge, and that's where the anger or the silent treatment comes from. His experience of the interaction is very different than you would expect. He doesn't hear a simple helpful comment about a solution. Rather, on an emotional level he feels sick to his stomach because he thinks you see him as a failure.

His experience of looking for a location without asking for directions has a lot to do with the adventure of it. He wants to conquer the experience, so to speak. Men have a strong need for independence, which comes with a desire to accomplish goals, no matter how small they might seem. As a result, he would much rather spend time driving around in circles and end up feeling accomplished and satisfied for having done it himself. He'd prefer to spend hours tinkering in the garage with the wrong set of tools than take his bicycle to a professional repair shop.

So what do you do with this information? Is he just being immature when he refuses to stop and ask for directions? Should you point that out and tell him to suck up his pride? That's up to you. I can only tell you about the results you'll achieve depending on which path you take.

If you decide that the extra fifteen minutes of driving circles is worth more than a deep and satisfying relationship with your man, at least you made that choice with eyes wide open.

However, if you want to nurture him for who he is (rather than the man you think he should be) you will awaken the hero within him.

He will want to protect you and love you. He will want to defend you and keep you from harm. You will have unleashed the true man within that his instincts call him to be. He wants to be successful. He wants to be powerful. He wants to be respected. When he finds himself in an interpersonal environment that allows him to feel these things, he wants more of that experience. He will crave spending time with you.



Your Secret Barometer for Success

Do you think it's reasonable for a woman to cry during an argument with her boyfriend when she is truly upset? You probably wouldn't think twice before answering "yes" to this question, offering a story of your own to back up your reasoning. Do you think it's appropriate for a man to get angry and blow up during an argument with his girlfriend? Many people are on the fence with this one. Shouldn't he have better self-control?

Psychologists have finally overcome the archaic tendency to think of men as "normal" and women as a variation on the human species. They've started studying men as one unique version of the population. In the process, we've started learning about both the good and the bad features of masculine traits, aggression being one of them.

The most common cause of anger for men is a feeling of disrespect.

Their definition of *disrespect* is rather broad, and men feel disrespected far more often than you might imagine. When asked by third-party observers what is bothering them during arguments, men often point out indications of disrespect from their lover rather than any aspect of the actual issue at stake. They don't use the word "respect," but the components they point out reflect that as the primary concern.

Here's the good news. The easiest way to learn the subtle nuances that create feelings of disrespect for your man is to simply pay attention to any

indication of agitation or anger. When he seems irritated, there's a good chance he's feeling disrespected in some way. The most common reaction from women when they feel unloved is crying. Does it surprise you to learn that the most common reaction from men when they feel disrespected is anger?

Does this put his anger in a slightly different light? If he starts staring straight ahead and giving short responses, he's angry. If he's angry, try to filter the interaction through the lens of respect (the way men think of it). Because each man is different, this will become your fastest and most trustworthy path to learning the particular vulnerabilities and insecurities your man has that cause him to feel disrespected and, as a result, unloved.

He Craves Your Respect

It’s not just a neutral regard for his rights as a human that he craves. A man's heart desires a deeper level of respect. I’d be going too far to say that he wants to be revered as powerful and effective. He wants to be taken seriously as a capable provider who has many talents and skills. This is simply how he is made. Forget about the old saying "the key to a man's heart is through his stomach." The real key to his heart AND to his mind is showing him respect.

You'd be surprised how sensitive he is to indications that you respect another man more than him. A simple statement of fact can often create a palpable sensation of defeat in your man.

For example: You may be simply pointing out reality when you remind him that he's not much of a handyman so he should call his landlord about the loose handle on the front door.

You're just trying to be helpful and supportive, but he experiences this comment as a challenge to his competence. A very simple adjustment to the statement can make it palatable to him and demonstrate the respect that you hold for him.

Instead of insulting him, say it like this,

"I'm sure you could eventually figure it out yourself. You always seem to succeed at things when you keep your mind focused on it long enough. But don't you think that your time is too valuable to spend on a project like that when you could just get the landlord to send his handyman down to do it?"

That's what I'm talking about when I say you need to **show** your respect for your man. It's not just an assumption that you carry around in your mind. Because he's so sensitive to this issue, you actually have to show him that you respect his “abilities” as a man.

Please be careful with this knowledge. Deep knowledge of the inner workings of another person yields the power to influence them in both positive and negative ways. It may seem like it goes without saying, but the effect is so devastating that I must make a point of saying it nonetheless. If you purposefully humiliate him in a way that exposes his deep fear that he is an imposter as a man and not a true provider or a capable person, you will irreparably damage your relationship with him. Don't do it, even in a moment of anger. Lock this information away and only use it as part of your desire for a beautiful relationship with a man. This new understanding is not a weapon and it's not a method for abuse. Don't think of it that way, and never use it that way.

It really doesn't take much at all to bring out the best in your man by feeding him the diet of respect that allows him to thrive. All you have to do is take the things you already say to him and sprinkle a little bit of respect on the top.

I find the easiest and fastest way to learn a new skill is by observing examples. For that reason, I will teach you how to transform typical phrases into comments that actually **show** your man just how much you respect him.

Normal	Better
"That was a great movie! They picked a great cast too. The guy whoplayed the Galen character was a real heartthrob."	“I really enjoyed that movie! You know how to show a girl a good time."
"This is taking forever with the traffic. We're never going to get there on time at this rate. Don't you think there's a faster way?"	"You know this area pretty well. There's not another route with less traffic is there?"
[*Speaking within earshot of your boyfriend to one of your friends*] “He plays with computers for a living. Yeah, I don't think his boss is going to let him off work for that.”	“He does some kind of complex computer related work. I don't really know the details of it, but I know they need him there unless he can give more notice before taking time off."
"You're really going to make me dinner? Should we order some Chinese food as backup in case it doesn't go as well as you expect?"	"You are so sweet. I don't want to get in your way, but let me know if I can help with anything."

As a socially savvy woman, you can probably pick out the elements of very subtle challenges to his manhood that he might experience in each of the everyday examples above. Remember, this exercise is about understanding just how sensitive his disrespect sensors can be.

In the first example, he will automatically and unconsciously assume that your comment means he does not measure up to other men in terms of attractiveness. You said nothing of the sort, but he will experience it this way despite his logic telling him that you were just making normal conversation.

Remember, his experience with you is what will drive his desire to seek out more time and commitment in a relationship with you.

In the second example, the comment calls his judgment into question. Second guessing his decisions and his judgment are a sure way to create a feeling of subtle disrespect. Men want to be perceived as competent leaders. They want your suggestions and feedback, but they want it delivered in a way that makes them feel that you believe in them and trust their decisions. That's why the "better" response embeds the suggestion of an alternate route in a compliment about his knowledge of the area. It may seem silly to you, but to men this kind of implied compliment makes them feel really good. Don't be afraid to fluff him up a bit! You want him to do the same for you and nothing feels better than a compliment.

The third example hits two important factors: the way you speak to others about him and his role in the hierarchy of the men and women he interacts with. While it may seem like nothing more than a funny way to say you're not sure what he does at work, the choice of words in this example can make a man feel insignificant.

Remember, in his heart he secretly wants you to be in awe of him.

When he overhears you putting him down (in his mind) to a friend, he will begin slipping away from you emotionally, distancing himself as a defense mechanism to avoid emotional pain.

Keep up the insults, and you can be certain the relationship will gradually lose the original romance and intensity with which it began.

Men are blindly obsessed with hierarchy, even if they're not fully conscious of it themselves. The third comment likely would not trigger any negative feelings in a woman. For a man, his disrespect radar will pick up an indication that he is subservient to his boss and is forced to ask permission, like a child, if he wants time off. Your man doesn't want you to think of him in that way. He would rather you think of him as a responsible and capable man in charge of his own life. He wants you to think of his boss as nothing more than a colleague with whom he has a business relationship.. By rephrasing the comment in a way that highlights his importance to the company, you'll pump up his male ego and win his charming side for the

evening. He'll probably also be much more willing to play along with your friends, showing them what a great catch you found.

When you show him these subtle forms of respect, he will respond with greater happiness and greater investment in his relationship with you.

In the fourth example, the original comment was meant to be taken lightly. For some men, this comment would be fine and they would actually enjoy it as a form of playful banter. You have to know your man and his level of self-esteem. That said, you can't go wrong with the second version of that comment, while the first version may generate a very subtle negative reaction in his emotional world. **Don't question his competence, even if you think it's in an area that should mean nothing to him.** We're not talking about logic here; we're talking about the emotional reactions that you invoke in your man. Not to mention, the more positive you are about his cooking, the more often you'll come home to dinner on the table!



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Be Irresistible Presents.....

Embrace the Goddess Within

How to Become a Magnet for Guys and Happiness

James Bauer

Embrace the Goddess Within

What It Is and Why It Works

In this brief report, I will open your mind to a new possibility.

You will learn a single unifying concept. It has the power to dramatically enhance your love life. And increase your happiness.

Here it is. Think of yourself as a goddess with immeasurable value, desirability, beauty, and worth. And your dating life will improve.

The men you want already think of women as goddesses. As fantastic sources of joy and beauty. As scarce commodities of high value.

Fully embrace your own self-worth. Because if you do, you will naturally start to act and live in a way that attracts men who think of you as a goddess.

Happiness

I'm going to show you the power of feeling happy when it comes to attracting romantic bliss.

Do you feel happy most of the time? Do you feel happy right now?

Regardless of your answer, you can always benefit from even more happiness. Which is the same reason why a happy, successful man would want to pursue you. He wants even MORE happiness.

So it's good news that we can influence our own happiness levels anytime we want. You see, what you focus on changes how you feel.

Believe it or not, happiness is one of the most difficult topics for scientists to study.

Happiness is difficult to measure. And there are many different ways of asking if a person is happy or satisfied with their life.

Some happiness researchers use pictures of smiley faces on a gradient. From a frown to a neutral face to a big grin. Research subjects circle the face that best represents the way they feel.

I personally know of a university researcher who developed a system for measuring people's quality of life. It's a tricky business. A person's focus at any given moment has a huge effect on how they rate their own happiness.

Here's an example that may surprise you.

College students were asked to rate their expectations for enjoying the rest of their lives. The results were much lower when they were stopped on rainy days versus sunny days. With the exact same survey questions.

In other words, the weather influenced people's moods. It would be one thing if they had rated their *current* level of happiness lower. But these students actually expected the rest of their lives to be less enjoyable. Just because they were asked to predict their future happiness on a rainy day.

Here's another curiosity.

Let's say you ask about a specific area of a person's quality of life. Like their relationships, their job, or their finances.

The response they give about this single aspect of their life dramatically changes their rating of their overall happiness level.

Here's the point. What you focus on changes how you feel.

We'll come back to that concept later in this report. You can use it to your advantage.

Making the Shift

You are you. Nothing can change that. What can change is the way you use your mind.

You must change your beliefs and mindset. And get in the habit of keeping the right mindset. This is how you embrace your inner goddess and self-worth.

The easiest way to change the way you think is to change what you focus on.

Right now, you are experiencing hundreds of sensations, perceptions, and thoughts that you are not paying attention to.

You're probably sitting down. Yet you didn't notice the sensation of pressure between your body and the seat. Until I drew your attention to it.

On some level, your mind is registering the temperature of the air around you. But your conscious mind wasn't focused on it. Until you read about it.

You probably remember what a cow looks like. But you didn't have an image of a cow floating in your mind. Until I mentioned a cow.

Our conscious mind is like a flashlight shining around a large storage closet. Your attention is the flashlight beam.

Wherever you focus the beam of your attention, things come to life and influence your experience. Things about current experience. Things stored in the recesses of your memory. Or even things created by your imagination.

Want to feel more confident? It's a requirement for unleashing the goddess within. How do you do it?

It's simple. Take control of where you focus the flashlight of your conscious attention.

Yeah, but how do you do *that*? Controlling the focus of your mind is quite difficult. But I have a secret method that makes it easy.

Control the questions you ask yourself.

For example, let's say I ask you to name five things you are grateful for. Your mind begins to rove over possible answers.

You will accept some of the possibilities your mind comes up with. And you will reject others as being nice but not good enough to make the list.

In the process of answering that question, your feelings of gratitude will increase. Because of the things you focus on automatically as your mind tries to answer the question.

This is good. From now on, I want you to do more of this every day. Build the habit into your routine.

For example, don't start your car engine right away. First, pause for 30 seconds. List five things you are grateful for.

As soon as your feet hit the floor in the morning, don't stand up. Think of three things you can look forward to during the day first.

What if you asked yourself a different question regularly? "Why am I feeling depressed today?"

Naturally, your mind goes through the reasons you might feel depressed. What kind of list is your mind likely to come up with?

That's right. A list of the worst things happening in your life right now. The list may even contain fears about possible future events. Fears that may or may not ever come into fruition.

In short, your focus will flood your mind with negative thoughts and mental experiences (imagined in the mind's eye). They will make you feel even more depressed than before you asked the question.

If you change just one thing about your life, change the questions you ask yourself on a habitual basis.

You will unleash a level of self-mastery and self-control that few people in the history of humankind have achieved. With far less effort than people who attempt to use willpower alone to control the focus of their mind.

Summary So Far

You become more attractive to men when you embrace the goddess within.

You embrace the goddess within by encouraging your thoughts to go in certain directions. Those directions include happiness. Confidence. High self-value. Expecting the best. Believing in your ability to positively influence those around you.

The best method ever discovered for controlling the direction of your thoughts is to repeatedly ask the right kinds of questions.

If you want to feel confident, ask yourself these kinds of questions. What are two memories of times when I felt very confident? What do I do really well?

If you want to feel happy, ask yourself these kinds of questions. What would I be focused on if I was planning to enjoy this day to the fullest? What are three things I have to look forward to today?

In the next section, we will explore the concept of embracing the goddess within with more detail. We'll get your mind thinking about ways to embrace a more fulfilling way of life.

This "way of life" is really a "way of thinking." And it ends up creating real, measurable, and tangible improvements in your life.

Things Goddesses Do

How do you start acting and thinking like a goddess? Someone with extremely high self-worth and radiant beauty that exudes through your entire body, personality, and attitude?

I just told you! You focus on asking the right questions. So here's the question to ask a lot from now on:

"What would I be thinking, and how would I be acting right now, if I truly was a goddess of infinite value, beauty, and worth?"

The more frequently you ask this question, the more easily your mind will supply you with useful answers.

To get you started, I'm going to suggest a few answers. What does a goddess do?

1. She smiles...a lot!

She smiles at men. She smiles at her friends. She laughs a lot. She enjoys jokes. Funny moments. New exciting opportunities.

When a man considers approaching a woman who gives a sly smile or that familiar "come hither" look, it can feel overwhelming.

But a friendly smile with direct eye contact from a woman who is clearly open to interaction? That's far more likely to lead to his approach.

2. She dresses and grooms herself in a way that allows for true beauty to shine.

Be radiant. Every day. Don't even go to the grocery store in your sweatpants.

Your attitude toward yourself is just as important as anything else. Dress nicely. Budget carefully. And invest in quality clothes that fit you well and make you feel great.

3. She identifies with "success."

She's not bashful about being approached by a very attractive man. She's not surprised by a promotion at work.

She expects these things. She doesn't wait until they happen before adopting a happy attitude about their occurrence.

When you believe you're a goddess, you attract good fortune into your life. By identifying with the thoughts, mentalities, and activities common to successful people.

Don't wait for good things to happen before becoming happy. A goddess embraces happiness first. Then circumstances unfold naturally to support that happiness. This is the way of things with the goddess mindset.

Having trouble making this jump? Think questions. Like this one.

"What are two wonderful possibilities I could embrace as I adjust to my new life of increased confidence and self-worth?"

Don't force anything. Just let the answers form in your mind. Maintain an open mindset and an attitude of grateful, positive expectation.

4. She puts effort into feeling good and maintaining healthy levels of energy.

She gives herself ample time to sleep deeply. She exercises to maintain high energy and good health.

Women who are energetic exude a kind of health that is a significant turn-on to men.

Maintaining high energy means setting boundaries with draining friends. And limiting exposure to things like fashion magazines that create unrealistic expectations for life and appearance.

Instead, spend that time reading inspirational stories. Or meditating. Or exercising.

5. She meets her own needs first.

A goddess wants to give freely to the men in her life. She considers herself a spring of joy in a man's life. To succeed in that intention, she is careful not to subvert her own needs to those of the men in her life.

She knows she is of high worth. So if a man does not respect her, build her up, or fulfill her through his company? She doesn't hesitate to turn her energy and attention elsewhere.

She doesn't live in fear of losing relationships. She seeks fulfillment in relationships. She trusts that fulfillment will come easily as long as she remains open to pursuing it.

How does a woman who has embraced the goddess within think?

1. She always expects the best.

Opportunities are exciting. Because she embraces them with the positive expectation that comes with the lucky mindset. You don't have to control life all the time in order for good things to happen.

Simply keep your eyes open and maintain a willing mindset. You will notice opportunities all around you for interacting with men of high caliber. Or doing something fun that enhances your enjoyment of life.

2. She walks towards what she does want in life. Rather than walking away from what she doesn't want.

The difference between these two mentalities may be subtle. But it is also profound.

We all walk towards pleasure and away from pain. The difference is that some people focus on the things they want to go toward. Others walk in the same direction. But they look fearfully behind them at what they want to escape from.

As you embrace the goddess within, look toward the things you do want in your life.

For example, pursuing wealth and avoiding bankruptcy are at opposite extremes of the same continuum. A goddess might ask: How can I enhance my wealth and financial well-being with my actions and decisions today? This is in stark contrast to the question: How can I avoid going bankrupt in this difficult situation?

3. Most importantly, a goddess acts and thinks as if she already is a goddess.

She fully embraces her own self-worth here and now. This is her secret.

It's not that she has a perfect body. Or a perfect life. Or perfect radiant love flowing from her at all times.

Rather, she acts and thinks as if she already is a goddess of fantastic qualities and immense value to others. That's how she benefits from this mindset.

If you're ever stuck, simply ask yourself this question:

"How would a goddess who has fully embraced love, life, sexuality, beauty, and goodness embrace and transform this problem, situation, or opportunity?"

Often, women become stymied by fear. As soon as fear enters the equation, you have slipped. Embracing the goddess within means you leave a fear-driven life behind.

Build Your Palace

Men will flock to you when you live in a state of joyful exploration. This is a natural benefit that emerges as you embrace the goddess within.

For example, let's say you highly value kindness. Your unique version of embracing the goddess within will mean exuding kindness. Guess who you will attract?

Men who see that kindness in you. Because you wear it on the surface.

Men who are attracted to kindness are typically men who value kindness themselves. You will attract the kind of men best suited to your true desires and highest values. This is the beauty of fully expressing what's within you.

How will you make these changes a reality in your life? Allow me to suggest you take this process seriously.

Of all the studies conducted, one thing continually emerges as a clear predictor of happiness. Can you guess what it is?

Satisfying relationships.

If relationships really do matter to you, take this process seriously. Invest in yourself. Create a blueprint for the new palace of your life. It requires only a few simple steps.

1. Create reminder systems to develop the habit of asking the right questions.

This can be something as simple as a sticky note on your bathroom mirror. I suggest you do a combination of notes around the house and notations in your calendar on a regular basis.

2. Plan at least one self-evaluation "retreat" per week.

This could consist of a brisk walk or a trip to an ice cream shop. The key is spending those 30 minutes evaluating your attempts to embrace the goddess mindset.

Review what you could have done better during the past week. Project your mind into that coming week. Mentally rehearse actions and mentalities you will bring to various life situations you anticipate.

3. Invest in ongoing personal development.

Make a list of the things most important to you. Take some time right now. Ensure that your daily life actions actually move you forward. Toward the things that matter most in your life.

If this brief report was helpful to you, you may benefit from other personal development materials I have created.

As a dating coach for women, I focus on empowering women to attract the right kind of man into their life. I have identified one factor in particular that has immense transformative power when women embrace it and learn about it. I call it "The respect principle."

But I probably should have called it the "Make a Man Fall Head Over Heals In Love With You" principle. Because that's what it does.

If you are currently in a relationship with a man, or want to be soon, I invite you to watch this free presentation and use the ideas you find there. You'll be glad you did. Because the next time you see your love interest, he'll sense something has changed. And he'll like it. A lot.

You can watch the video by clicking here.

Wishing you the best in life and love,

James Bauer



One Simple Idea To Supercharge Your Dating

Discover The Oscillation Method for Dating Success

James Bauer

One Simple Idea That Will Supercharge Your Dating Success

Dear Past Self,

Thank you for changing my life.

You opened my eyes to capabilities and possibilities I never imagined possible. You faced challenges that made you stronger and more in control of the course of your life. You reached out toward the things you care about in life.

And you did so as a leap of faith. You allowed yourself to be stretched. Because you believed it might be possible to accelerate your success in life.

I'm writing to tell you. It worked.

Always in your debt,

Your Future Self

Hello, my name is James Bauer.

I am a dating coach for women. I specialize in transforming lives in the best way possible. I help women tap into knowledge and skills that lie dormant within them. To unleash a torrent of actions that yield beautiful relationships.

In this brief report, I have the privilege of sharing one sliver of my knowledge. It has a power to change your luck with men forever.

I would like to offer a new mindset. A shift in your perception of what you are capable of when it comes to meeting a man worthy of your deepest affection.

In this special report, you'll learn how to apply the principles of "oscillation." Between focused effort that should involve some stress and self-discipline. And relaxation in which you recover and become stronger for the next round of focused effort.

Oscillation simply means a back-and-forth movement. Oscillation is your ally when you're trying learn a new skill. Or overcome an emotional, mental, or physical barrier.

First, I'm going to explain the basics of how oscillation works. Then I will show how you can use it to radically change the game when it comes to meeting quality men.

Let's imagine this scenario. Someone asks me to train for a marathon. I go outside and begin running. I travel maybe five or six miles. Then I feel too exhausted to continue.

I go back to the person who told me to start training. I tell her that I need a different technique. Because my training technique of running made me more tired instead of more able to run.

That person would probably laugh at me. They'd remind me that I have to oscillate. Between pushing myself mentally and physicallyâ€¦and resting.

Both the pushing with effort mode and the relaxation/recovery mode are essential aspects of the training. Without both

aspects, I will make very little progress.

Training the mind is often very much like training the body.

After a period of exertion, we often feel worse than we did prior to the exertion. But over time, our mind increases its capacity to manage what we require of it. As long as the relaxation and recovery component is also included.

Take studying for long periods of time, for example. When in college, I experimented with increasing the degree of focus I used in my study time. I would concentrate on developing a more complete focus to increase the efficiency of my study time.

At first, this was mentally exhausting. But, over time, my mind adapted to the stress that I was putting on it. Because I would reward myself with playful, fun activities. Activities that didn't require concentration. The relaxation part of the oscillation.

My initial work left me feeling exhausted and worn out in general. But as a result of that work, my life became easier. I was able to study for shorter periods of time. With improved grades and more time for fun activities.

Controlled stress is less taxing on the mind than uncontrolled stress.

This principle was originally studied with rats. The experimenters rigged the rats' metal cages to have random electric shocks. The shocks would continue until the rat hit a bar to turn it off.

Only one rat had the bar in his cage. But all the rats were on the same electric circuit. So they received the exact same amount of shock time.

All rats showed stress hormone elevations upon initiation of the experiment. But after a few days, the rat with control over turning off the shock returned to baseline cortisol levels, a powerful measure of stress.

The rats without control showed increasing levels of stress. And deteriorating physical health. To the point of eventual death, in some cases.

The same amount of shock is experienced in a totally different way. When there is a sensation of control over the stress.

This is one reason why oscillation towards stressors decreases the overall stress impact in your life.

Here's another quick example of the powerful application of oscillation in the areas of your life where you want to regain control.

Think about the lifestyle of a woman who eats a very simple diet of healthy foods with bland taste. Foods like oatmeal, grilled chicken, and whole grain cereals.

Now imagine she has a special treat one day. She will enjoy that treat to a much greater extent than someone who eats rich, fatty foods all the time. As a result, the healthy eater feels satiated on both a physical level and an emotional level. She has more control over her own reward system.

Let's say she has been emotionally trampled at work. Or in some personal relationship. She can pull out a Snickers bar. And she will experience a dopamine rush in the brain. Dopamine is a neurotransmitter associated with all things reinforcing and pleasurable.

A person who needs a candy bar every day has lost control over this particular form of self-indulgence. It is what their brain is accustomed to. Eating the richer, less healthy food has become a baseline.

My point is that, from a happiness standpoint, the person who eats healthy foods is not actually depriving himself of anything. Our sense of happiness is all relative to what we're used to. If you get yourself used to eating healthy foods, you get a temporary ripple of happiness in your mood when you splurge.

You can apply this principle to areas of your life you want to improve - but find stressful. Your ability to accelerate your goals will be greatly enhanced.

Some people apply this principle to goals they have for improving something they are already fairly good at. Such as studying, in my example. However, very few people apply the principle to areas where they are truly struggling.

The reason may become obvious if you think about it. The instinct to conserve energy becomes very strong when we're feeling overwhelmed. As a result, we pull back. We relax at any chance we get.

That's a problem. Our capacity to endure stress in this particular area will shrink the more we pull away from facing the stress.

Later, life will throw an unusually large amount of stress at us in this particular area. And we begin to unravel emotionally. Or fall apart. Our attempts at avoiding stress weaken us over time.

Consider the military. The highest levels of military training involve intense use of oscillation. They train soldiers to endure stress in the forms of sleep deprivation, sustained concentration, hunger, severe physical exertion, and feelings of fear and uncertainty.

But the military does not use these forms of training indefinitely. They use these methods for short periods of time.

The time they force their soldiers through these intense training modules has been studied. It was discovered that soldiers cannot endure intense averse training for more than about ten weeks. Or they begin to drop out quickly.

So after the training is complete, they rest. After resting, a simple one-mile jog or a single night of staying up on a stakeout without food and water is a breeze.

Their capacity to endure that specific form of stress has been increased exponentially. Because of the prior oscillation towards the stress.

Let's apply this idea to something of an emotional nature.

Let's say I'm a person prone to depression. And my primary psychological motivation is to avoid stress. To avoid stress, I sit in front of the TV. I do nothing the second I get home from work. Every day. I avoid socializing. I'm too worn out from work and constant worry due to my depressed state.

Over time, my capacity to endure stress weakens. Like a muscle that's not being used, my capacity to deal with people and find deep energy reserves within me diminishes.

Then, life throws me a very difficult situation. Such as the death of a loved one or sudden unemployment. I have a true mental breakdown. Because my capacity to endure stress is now smaller than the level of stress my life requires of me.

Consider how this situation could have gone differently. What if I had consistently reached for a deeper level of emotional engagement and willpower with oscillation?

Some nights, I came home and pushed myself to exercise instead of watch television. I slept more soundly because of my exercise.

Some nights, I came home and felt like watching TV. Instead of giving in, I pushed myself to call a friend. I strengthened

a relationship with someone instead of watching TV.

Because of the increased social support, my mind would be less taxed with worries. Because I pushed myself physically on some nights, my relaxation on other nights would become more effective. More deeply relaxing and recuperative.

My relaxation phase of the oscillation cycle would be deeper. It would be more effective. Because I experienced it as a deeper contrast to the days when I pushed myself to new limits. Pushed myself beyond my comfort zone.

At first, this effect will be small. But it builds momentum with time. Your capacity to truly and deeply relax becomes more satisfying relative to the degree of stress you expose yourself to. Your ability to find deep reserves of energy increases.

Unleashing Oscillation to Claim Your Man

Now let's talk about how to apply this idea to the world of dating.

As you know, the odds are against you. Finding a guy you really like is hard enough. Finding a guy who really likes you back is even more difficult.

But it is worth it. And it will happen with the proper methods.

Don't settle for someone that treats you fairly well. Don't settle for someone you sort of like. There are over three and a half billion men in the world. A person who is just right for you is definitely out there.

There are several variables we want to manipulate in your favor. Here they are.

1. The frequency of opportunities to meet new men

2. The number of men you interact with on a surface level

3. The number of men who see you and are impressed with you

4. The number of men who know you are available and looking

5. The number of recurring interactions with men that share interests in common with you

6. The confidence you feel when actively learning about men who pass the first level of interest

7. The value you place on your time

Okay, let's go through each of these quickly. Then zero-in on the most critical reasons and action steps for each one.

Remember, these are just my ideas to get you started. You know yourself and your situation best. You will come up with even better ideas for applying the principle of oscillation to your particular circumstances.

These examples just happen to apply to a lot of the women I have consulted with.

1. The frequency of opportunities to meet new men

This one is kind of obvious. But in practice, this basic premise for success is often a sticking point. It can cause women to fail before they've even gotten started.

It's inconvenient to go out frequently. It can wear you down emotionally. It requires a higher level of energy to interact with people when you're trying to impress them.

This is where oscillation comes in.

Start out by stretching your frequency of pursuing opportunities to meet new men. Start small. Just do a little more than you have been in recent weeks.

Remember to oscillate. Really push yourself for short periods of time. Then completely take the pressure off yourself. Relax for a few days or weekends.

You'll be amazed at how quickly you accommodate the stress of seeking out and attending social events.

Many women are surprised that getting invited is often the trickiest part. I want you to train yourself to get better at it on purpose. Don't wimp out just because it's hard.

You are worth it. And your future relationship is worth it.

Here's an example of how you could apply oscillation in this situation.

You set a goal of four phone calls on Saturday to see which friend might be going out. You call seven people on Sunday to invite them to a bonfire. Yes, this means you might feel uncomfortable. Or you might be nervous only one person will show. You'll get used to it. You'll learn how to manage those situations. But only when you allow yourself to face that sort of problem.

The next weekend you don't push yourself at all. The weekend after that you aim for five phone calls on Saturday. One call to someone you don't know that well. You're stretching your comfort zone just a little. On Sunday, you research two community events posted online. You'll attend them in the next week or two with a friend. Or even by yourself.

2. The number of men you interact with on a surface level

For many women, showing up at a social event is the easy part. They struggle with the discomfort of asserting themselves and initiating interactions with men.

I have specifically designed instruction materials available on my website, BeIrresistible.com, for this purpose. To enhance your skills with the subtle art of inviting attention from men. For now, focus on applying the skills you currently have by oscillating.

In this situation, oscillation means ten or fifteen minutes of purposefully pushing yourself outside your comfort zone. Followed by 20 minutes of allowing yourself to retreat to more introverted ways.

3. The number of men who see you and are impressed with you

This one can take on many different forms. The emphasis here is on the word "impressed." This particular variable changes from one woman to another.

For you, it may mean pushing yourself to a new height in physical fitness. Let's say you are a beautiful woman who is self-conscious about showing off your attractive feminine features. This may mean practice with moving outside your comfort zone. Maybe selecting a more revealing choice from your wardrobe - or a friend's closet.

If you are particularly shy, this may require you to talk more when around men. How will they be impressed with your intellect or witty sense of humor if you keep it to yourself?

Think about what you know about yourself. Think about what your friends have told you about your personality or style of interacting with others.

How can you use oscillation to increase the number of men who get the chance to be impressed by you?

4. The number of men who know you are available and looking

This one is pretty straightforward. It either is or is not a problem for you.

How do you know? It's simple. If you're embarrassed to ask friends to set you up, you need to work on this one. If it's a secret you won't discuss with extended family members, you need to work on this one.

When looking for a good quality man, one of the deepest reservoirs is the concept of six degrees of connection. The idea is that every person in the world knows someone who knows you - if you go six connections deep.

The closer someone is to you as a friend, the more likely they are to do a good prescreening. They'll save you time when setting you up on a date. Get over your fear of asking your friends and family to help you with the most important part of your life.

5. The number of recurring interactions with men that share interests in common with you.

Here's the idea with this one. It's easier to strike up a conversation with someone when you share something in common with them.

For example, it's more natural to strike up a conversation with a man who shares your love for a particular breed at a dog show. If you are into rock climbing, it's easier to find excuses for repeated interaction when you meet a guy at a local rock climbing wall. If you enjoy literature, you'd have more opportunities to interact with men who share that interest if you attend a writing course at a local community college.

It's not just easier to strike up conversations and interactions though. These are also people you are more likely to want to partner with in life. Because they share some of your traits, characteristics, or interests.

But let's say they do turn out to be a dud. You had the opportunity to realize that in a natural setting. Before any kind of commitment was made. You don't have to break up with someone when you never started going out in the first place.

When you interact with people repeatedly, it creates the natural conditions under which people find themselves falling in love. You're more likely to feel a connection with someone you meet and interact with on numerous occasions stretched out over a period of time. Same goes for him.

6. The confidence you feel when actively learning about men who pass the first level of interest

So you're at this social gathering. Two men have caught your eye. Neither is wearing a wedding band. Or a date on their arm. Both wear pleasant smiles and pleasing jaw lines.

Is this where you freeze?

The stakes are high. Everything seems just right. So some people find their anxiety going through the roof.

You end up acting strange and not really being yourself. But you really want to get to know these guys. Find out if they're worth your time. So you need to get comfortable with engaging deliberately to reel them in.

Remember, this doesn't have to be so hard when you use oscillation. You can push yourself outside your comfort zone for just a short time. You'll develop your confidence over time.

All it takes is two or three minutes of pushing yourself to be more assertive. To be more outgoing in your attempts to get to know people. Do this repeatedly with oscillation. You'll find that your confidence goes up. Way up!

It happens naturally. At its core, confidence is just a feeling of knowing what to expect.

When you've done it hundreds of times, you're confident in the range of outcomes you may encounter. And you are used all of those outcomes. They no longer make you nervous. You have built up your skills. And also some calluses that will serve you well.

7. The value you place on your time.

It took a long time before I finally realized how important this last variable is. I think women are just more caring and committed to the idea of a good relationship.

As a dating coach, I have found it fascinating. In a painful way. It can be so difficult for women to cut a loser loose.

I don't use the term "loser" flippantly. I don't mean someone who doesn't have a lot going for him. I'm talking about people who don't treat you well. People who are clearly not interested in joining you to make the relationship the most beautiful it can be.

Does every relationship you get into become a long, drawn-out, painful experience before it finally crumbles? Then you are slowing down your progress. To a pace that will cripple your success in finding the man out there looking for you.

Valuing your time means setting boundaries. Here's where oscillation comes in.

Setting boundaries is something you do repeatedly. It's not something that you do once in a relationship. You don't have a talk with a guy once. And then sit back to admire your work for the rest of the relationship.

People change slowly once they develop a bad habit in the way they treat you.

Start by setting small boundaries in the form of requests. Then move to "if... then" boundaries.

For example: "If you don't call me or text me for three days in a row... then you can expect me to demand an explanation before I continue interacting with you."

Oscillate towards standing up for (1) yourself and (2) the standards you hold for a good relationship.

You'll be surprised how often he reacts by either leavingâ€¦ or rising to the challenge and showing what he really has to offer.

Either way, you win.

You'll develop your confidence and skills for setting boundaries and standards in relationships. And sticking to them. You'll eventually move to a point where you are comfortable letting guys go quickly when they prove to be unworthy of your time.

I hope this brief report was useful. Many questions may arise as you think about applying these concepts in real life.

Want to learn more about educational materials I created for women learning how men tick? Check out this free presentation.

Wishing you the best in love and life,

James Bauer

Focus Points:

1. When you merely look for ways to avoid stress, your capacity to endure stress diminishes over time.

2. To meet the man of your dreams, you need to spend a lot of time in social situations. You must be willing to endure short episodes of increased stress. Then you will be able to feel more confident and relaxed in those situations. Over time, your mind will adjust to the new level of effort you put into being socially assertive.

3. Decide to live a life committed to your dreams. Don't "sort of" go after a great relationship. Commit to massive action!

4. Learn as much as you can about dating and relationships. If you're open to it, I'd like to help with this last focus point.

I'd like to offer you one remarkable shortcut that allows you to grab a man's heart in a way few people know about. It's remarkably powerful, and the effect is nearly instantaneous.

I've put together a free presentation on my method. You can literally change your luck with dating overnight using this one simple concept. So click this link now before the opportunity passes you by.





Be Irresistible Presents.....

How Men Evaluate Women

The Honest Truth from a Dating Coach Who Asked

James Bauer

How Men Evaluate Women

This report contains the raw truth.

As such, parts of it may be difficult to read. Possibly even offensive.

I considered leaving out the parts that don't reflect favorably on my gender. But then I would have to change the subtitle to something like, 'The Somewhat Honest Truth.'

I apologize in advance for any discomfort you may feel as I pull back the curtain. Because my goal is to give you the raw truth. So I'm going to reveal the inner workings of a man's mind as he evaluates a woman as a potential romantic partner.

I should also point out that this report is meant to be brief and to the point. As such, it lacks much of the background information that supports many of the points made.

Rest assured, these are not simply my opinions. The information in this report was carefully gleaned from hundreds of research studies and hundreds of private conversations with men.

I should also mention there are many factors that I leave out of this brief report which impact how men evaluate women. I have chosen to focus on the most powerful factors that influence how men evaluate women.

Let's get started.

Your Sexual Vibrancy

Men unconsciously (and sometimes consciously) evaluate women based on characteristics related to sex and the potential for healthy offspring.

This is true even among older men dating women who are postmenopausal. Men don't feel that special 'in love' feeling unless there is some level of sexual attraction.

This is true even for men who are not shallow. Men who are capable of having a deep romantic relationship based on more than physical chemistry.

Don't ignore the importance of connecting with a man on a physical level. It's where his attraction to you will start.

Fortunately, the most important aspect of sexual vibrancy is something you can consciously control.

We'll get to that. But first let's discuss what effects the way a man experiences a woman in terms of her sexual vibrancy.

Many women like fashion. They like to impress friends with new outfits and trendy colors for everything from toenail polish to lip gloss.

The truth is, men are only turned on by a small set of variables. Variables that are biologically hardwired into their brains. The most powerful of these variables differentiate women from men.

Tomboys make for good friends. But they rarely have men longing for a special kind of committed relationship.

In other words, your femininity is sexy. You want to fully embrace aspects of your body that differentiate you from a man.



One of those factors is your waist to hip ratio. Men typically have very little difference in the circumference of their waste relative to their hips. Naturally, women have wider hips relative to a narrower waist.

Scientists have discovered a 'golden ratio' for what men nearly universally find most attractive. It's not a stick-thin woman that men feel automatically attracted to.

Here's a quick piece of advice to help you accentuate the curve of your body. Stand like a woman, not like a man.

Men tend to stand with their legs set wider apart. It's a somewhat dominant stance and more natural to men.

Women can accentuate the way their body triggers a man's sexual interest. Simply adopt a feminine stance. Keep your feet close together. Allow your hip to jut out to one side. This causes the differentiation between your hip and your waste to become exaggerated. That will unconsciously trigger his attraction toward you.

Even though the model in the picture has small breasts, she has a great deal of sex appeal to men. Because of the curve of her waist. Notice how she pushes her hip out to one side to accentuate this.

You don't have to be this skinny to get the effect. However, if your belly protrudes to the front or sides to a large extent, your curve can be reversed. You can invest in your love life by taking the difficult steps toward losing weight.

Another powerful factor is a woman's hair.

Don't cut your hair short. It may be in style. It may be cute. But it will not attract men on a primal level.

I won't go into all the details. I'll just say that you should aim for the longest hairstyle you feel comfortable with that is currently in style.

You probably don't need to be reminded of this one. But improving your complexion will have an enormous impact on a man's unconscious mental evaluation.

The truth is, makeup works. Let's say you've already done everything you can to naturally improve your skin complexion. You don't have particularly nice looking skin. You can trigger a man's attraction by using a light cover that improves the appearance of pores and complexion.

Another area where makeup has an effect on men is darker or longer eyelashes. Everything else will make little impression on a man.

In fact, using rouge and any lipstick color other than red will have no impact on a man's biological attraction response. It can actually detract from his attraction to you.

You may think only a shallow person would judge someone based on the size of her pores. Or the length of her eyelashes. But remember, this is an automatic process in the mind of a man.

It cannot be turned off. It's like opening your eyes and trying not to see the tree in front of you. Your brain automatically decodes the barrage of light striking the retina in your eye. And it sends an image to your mind. You can't stop doing it.

In the same way, a man cannot turn off his automatic sense of attraction toward a woman whose physical characteristics accentuate her feminine traits and sexual vibrancy.

All of these factors have to do with sexual vibrancy. Healthy skin, long hair, and womanly curves trigger a man's brain to

mark you as a good sexual partner. One who is healthy enough to produce offspring.

It sounds terribly unromantic. But his desire to become a good mate comes from his desire to have sex.

Embrace this truth. Set yourself free from any insecurities or fears about using your sexuality to attract a quality man.

Here's the good news. A man will automatically judge a woman's sexual vibrancy based on her overall energy and attitude. Not just her physical characteristics.

Think about what the word 'vibrant' really means. Here are the definitions from the Encarta (North American) English dictionary. Read each one to get a sense of the rich meaning behind this word.

1. Energetic
full of liveliness or energy

2. Pulsating
with energy seeming to quiver or pulsate with energy or activity

3. Resonant
having a full rich sound that tends to continue for some time

4. Bright
dazzling or radiantly bright

When men look for a long-term partner, they look to a woman's vibrancy. A positive attitude goes hand-in-hand with energy. Men are attracted to women with a positive, energetic attitude toward life and relationships.

Think about times in your life when you have felt depressed. Or down in the dumps. What happens to your energy? When things go wrong, our mental energy shuts down.

For people with severe clinical depression, getting out of bed can be difficult. Because of a loss of interest. And a lack of motivation for pursuing goals.

The opposite happens when we become excited about some event in the future.

You get a raise. Or simply realize it's Friday afternoon and you have the weekend off. Your energy increases.

Positive expectations for the future increase energy. Loss or negative expectations about the future shut down our mental energy.

A woman's capacity for reproduction is intricately interlaced with her energy level and attitude toward life.

It may not be romantic. But these unconscious psychological factors influence the primal attraction men feel.

Research studies have confirmed it. The top reason men give regarding their initial attraction to a woman they later asked to marry comes down to this:

"I don't know how to explain it. She seemed so happy and energetic."

There are many ways to be energetic. You can tailor this information to fit with your particular personality and style.

For example, some women enjoy playful banter that demonstrates the sharpness of their wit. Other women show their energy in their facial expressions and playful physical gestures.

The key is to allow your positive energy to shine through and be visible on the outside.

The Next Layer of Attraction

Physical attraction gives a spark to a relationship. But it remains an important factor in long-term relationships and marriages.

Keeping that spark alive requires attention and conscious effort. That said, a man's evaluation of a woman has to do with more than just physical attraction.

In this section, we'll discuss the two most powerful variables that a man evaluates in a woman's personality. They can be summarized with two questions:

1. Will she enhance or interfere with my freedom?

2. Will she contribute or interfere with my success?

Not all men have enough introspection to explain it with words. But all men have an obsession with freedom. We don't like to answer to a boss.

Men often enjoy camping out and hunting. These activities make us feel the thrill of freedom. Playing around with the idea that we could survive all on our own in nature.

Most entrepreneurs are men. The number one driving force for entrepreneurs is the desire to be free. It's ironic. Men will work more hours with fewer benefits and lower pay. To achieve a sense of independence.

So where do you fit into a man's desire for freedom?

The answer is complicated. It depends on many factors that have to do with his particular circumstances, hobbies, and sources of joy in life.

The key is for you to ask that question yourself. Where do you fit into your man's desire for freedom? By asking this question, you empower yourself to interact with him in ways that cause him to evaluate you as a good long-term partner.

One example is a woman who freely encourages a man to take time to spend with â€˜the guys.' This will actually encourage him to more actively pursue her. To the point that 'the guys' get irritated at his absence. Because he spends all of his time chasing her.

Ever heard the term 'high maintenance?" This is why it matters to guys. A high maintenance woman threatens a man's freedom if she requires excessive time, money, or power over her man's life.

One of my clients recently asked for my advice in a relationship that was going bad. She had been fairly serious with this boyfriend for quite some time.

She relayed how he told her he needed some space. He wasn't sure he could manage the stress of the relationship.

I interviewed her to uncover any reason he might feel stressed by the relationship. She relayed an unfortunate sequence of events involving her own poor health and some relationship strain with family members.

It caused her to lean on him more than she ever intended for several months. He did basic things, such as drive her to surgery and help her through her recovery.

We discussed the road to healing the relationship. And I advised her to write him a letter that contained the story of their relationship.

She was a very strong, independent woman with many resources, talents and skills. She was in no way a dependent personality type.

Yet he had experienced the relationship as a burden. It diminished his freedom rather than enhancing it.

We refined her letter to paint a beautiful picture of the relationship and its potential.

The story included the period of time where he became burdened. And the story went on to describe the way this series of events created a misperception that she would hamper his freedom.

The last part of her story painted a picture of the potential future if the relationship was to heal and continue. She described how she would enhance dreams he had.

For example, she described how she would keep up the home he dreamed of owning deep in the woods. How she would care for the sheltered dogs he wanted to take in but couldn't care for consistently due to his job as a pilot.

It was a beautiful story that literally brought tears to my eyes. Because of the genuine, pure desire of this woman to enhance the freedom of a man she truly loved.

How could he say no to that? When a man evaluates a woman, he evaluates the effect the relationship will have on his freedom.

Success and Respect

The second powerful question driving a man's evaluation of a woman's personality relates to his desire for success.

For women, the ultimate success in life is often defined in terms of meaningful relationships and love. It's no different for men. But the conditions in which they feel loved are very different.

Men feel successful when they are powerful, effective, and loved by people they have a deep, meaningful relationship with. But for men, feeling loved requires that they feel respected.

For a man, success is meaningless if others demonstrate subtle indications of disrespect despite their accomplishments. Even having an extremely attractive wife could be a measure of 'success' in the minds of some men. But the relationship will not last if the woman is in any way condescending toward him.

Men simply cannot thrive when their ego is being trotted upon.

The problem is the way a man feels disrespected is often a mystery to women. A woman can claim to have a great deal of respect for a man. But she will often push him away. Without realizing the ways her words and actions were interpreted as disrespect.

When a man evaluates a woman, he automatically and unconsciously makes a mental judgment. How will she contribute or detract from his sense of 'success' as a man? How will she build him up in the ways that make him feel

manly and respected?

This relationship factor is so powerful. And so deeply misunderstood by so many women.

So we have developed instruction materials focused on bridging the gap between women's desire to build a loving committed relationship with a man. And her understanding of the respect principle the way men experience it.

Watch a free presentation about the respect principle. Click this link to watch a video right now.

Action Steps:

1. Let your curves do the talking. Wear clothes that fit snugly against your hip and waist.

2. Practice a feminine pose in front of a mirror. Jut your hip out slightly to accentuate the curves in your body.

3. Make a weight loss plan. Don't see curves when you look in the mirror? Consider whether it would be worth it to you to lose some weight. And get healthier in the process.

4. Look for a longer hairstyle. Browse celebrity magazines. Cut out a style you like. Show your hair professional as you grow your hair longer. It really does make a big difference. You'll erase the androgynous effect of a short hairdo. Even a cute one.

5. Improve the health of your hair and skin. Use moisturizers and conditioners. Consider biotin to thicken your hair. I've worked with many women who've had great success with 3000 mcg of biotin in a product like Nature's Bounty 'Skin, Hair, and Nails'. Thick, healthy hair is very attractive to men of all ages.

6. Think about the way you interact with men. Think about the way you spend time and interact with your boyfriend or new dating partners. Do you do or say things that could cause him to feel smothered? Think about ways to communicate your willingness to participate in enhancing his freedom.

7. Watch for times when a man pulls away or becomes quiet and grumpy. There is a good chance he's feeling unloved because of the way men equate love and respect. You may have done something that seems normal to you. But you inadvertently caused him to feel disrespected.

8. Watch my free video presentation on the respect principle. It reveals a simple idea that has a profound impact on the way men will respond to you. Click here to find out how you can use a subtle form of respect to turn on a man's deep affection for you.



Visit our Free Presentation on What Men Secretly Want