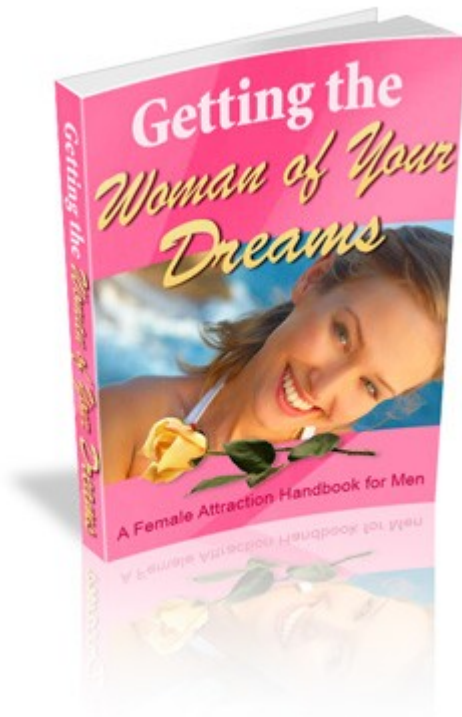


Getting the Woman of Your Dreams



A Female Attraction Handbook for Shy Men

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Introduction

There is a ton of information available online regarding dating. This does not mean that all guides and books are created equally. Each book has a different approach about how to best attract members of the opposite sex. They cover

everything from what to wear, to how to talk, to specific pick-up lines to use. Many are borderline offensive, are more likely get you slapped than a date with a woman.

Regardless of what spin these online manuals and guides take, they usually have one thing in common. They typically spend a lot of time on self-confidence. Believing in your self is essential to attracting a woman. How can you get someone else to think you're great, if you don't think you're great?

The cheesy pick-up lines, hidden tricks, and special secrets that many guides promise usually don't work. Without the self-confidence to look a woman in the eyes and communicate with her, you won't have much success in the dating department.

Some men get really stressed out about picking up a woman, and anxiety about it is common and normal. However, sometimes it goes a step further to the point of a panic attack. Do you have any of the following symptoms of a panic disorder?

- ☐ Rapid heartbeat
- ☐ Nausea
- ☐ Stammering when talking
- ☐ Fear of rejection
- ☐ Clammy hands
- ☐ Inability to maintain a logical dialogue
- ☐ Flustered feeling
- ☐ Going blank
- ☐ Shakiness

If you have any of the aforementioned symptoms, you can benefit from this book. Not only will we cover the best ways to build up your dating self-confidence, but you will also learn the key tips to success with women. You'll also learn about the type of man that attracts women mentally, no matter what you look like.

Chapter 1

Attracting Women

Getting Started

Successful dating techniques are usually not something you are just born knowing. It takes work to be able to pick up the woman of your dreams. So you carefully pay attention to what works and what doesn't, tweaking your own style and technique until you find a method that works best for you. You see what other people do and mimic that which feels most natural. You get feedback from women - both solicited and unsolicited – about what you are doing right and wrong.

All of these learning techniques are helpful and essential to your success. However, if you are still experiencing difficulty with women, this guide will help you succeed in dating, overcome your shyness, and gain the lifestyle that you long for.

Women 101

What makes a woman tick? You've probably asked yourself this a hundred times. The fact is that women and men are essentially the same, with a few exceptions.

First, think about your non-romantic female relationships. Do you have female friends and acquaintances? What do you talk about? How do you interact? The women you are trying to date are probably fundamentally very similar to these women. For example, do you have a great friendship with a woman? What parts of that can you pull from to help you with meeting someone new?

Men and women have many of the same desired outcomes from dating. Many are looking for someone who is fun and who they enjoy spending time with. They are looking for a friend that they can trust, and who will eventually fall in love with them. They are looking for a romantic partner. Women want the dream man that will take care of them emotionally, mentally, and physically. More than likely, you are looking for some variation of this too.

Women are just as nervous as you are about meeting someone new. They get the same anxiety and stress, and when you approach a woman, she is most likely feeling the same jitters and butterflies that you are. Keep that in mind to help quell your fears.

Women, just like men, have varying opinions about what makes someone attractive physically and mentally. Also just like men, for some women looks are more important than others. And every woman thinks different men are attractive. For many women, appearance is not a major factor in dating a man. Many women find it is most important to be romantically involved with a good man who is good to her. Someone that can make her laugh, hold an interesting conversation, and make life more fun and interesting. With this in mind, you'll need to take a close look at yourself, complete the worksheets, and focus on your top attributes when trying to attract a woman.

When you are around single women, you shouldn't worry that you will be shot down if you approach them. Most women are reasonable and normal, and a simple friendly conversation will not end negatively. Women like positive, non-creepy attention from men, and many dress up to boost their self confidence in the dating arena.

Women will tell you if they are not interested. You shouldn't feel nervous about approaching an attractive woman and striking up a conversation. If she's taken or not interested, she'll simply say so. No harm done. It's best to develop the attitude that taking small risks will have a big payoff. If you don't try you will never know. And what have you got to lose?

After seeing these common sense facts about women in print, it hopefully helps you realize that women are normal human beings that have many of the same stresses and excitement about meeting you as you do with them. Female behavior is typically predictable and communication helps to ensure that you are both on the same page. Women aren't out to embarrass you. Once you realize that women are the same as you, you'll be able to easily approach any woman in a relaxed manner just as casually as a chat with your buddy about the game.

Look at Yourself – Know Your Attributes

Before you get started, it's a good idea to take an honest look at yourself. What are your best selling points? Focus on the positive. Are you funny? Do you have an analytical mind? Are you quick-witted? Use the Appendix I worksheet to put your key selling points down on paper. You will use this in other developmental activities so keep it handy and add to it regularly.

Are You Your Own Best Friend or Enemy?

What you say to yourself in the back of your head is actually vital to your dating success. You probably didn't think that your internal dialogue mattered that much! Well it does, and here's why.

When you are making decisions, thinking about what actions you would like to take, and thinking about dating, it's very likely that little, self-defeating thoughts pop into your head. These thoughts are the little confidence destroyers that you have to take control over to be successful with women.

If you let negative thoughts prevent you from saying, doing, and taking action, you are talking yourself out of forward momentum. You will never get anywhere if you don't try.

When you are talking to a woman that you like for the first time, you probably are feeling nervous. Your subconscious will often shoot out thoughts that make you think twice about taking a risk.

When you are already in a vulnerable state, it's easy to listen to these negative thoughts. They will create unnecessary doubt in your mind, so it's important to be able to identify them to counteract them. Are you plagued with negative thoughts? Consider these common dating saboteurs:

General Statements

- ❖ "She'll think I'm an idiot for even approaching her."
- ❖ "She probably always has guys talking to her."
- ❖ "I'll get laughed at for even trying."
- ❖ "She'll know she can do better than me."
- ❖ "This woman is out of my league."
- ❖ "She's too good-looking to be interested in me."
- ❖ "She'll think I'm not good enough."
- ❖ "I don't stand a chance."

Self-Defeating Questions

- ❖ "She can have anyone, why would she pick me?"
- ❖ "Why bother? There's no way she'd be interested in me."
- ❖ "Why do I think I stand a chance now?"
- ❖ "Why would a woman as great as she is want to be with a man like me?"

Easy-Way-Out Statements

- ❖ “She’s too beautiful. I should try someone who’s less attractive, like me.”
- ❖ “Why should I stick my neck out on the line when I’m only going to get rejected? I’ll just go home and try again a different day.”
- ❖ “I’m not prepared enough...I’ll buy a [training program, self-help guide, dating course] and study harder before trying.”

Tell yourself to stop making excuses to avoid an uncomfortable situation, and step outside of your comfort zone. You’re working against yourself if you are creating constant excuses and roadblocks. The best recommendation is to just do it.

By having excuses and self-defeating internal dialogue running through your head as you are trying to meet a woman, you are hurting your chances for success. How do you counteract your negative thoughts and improve your self-esteem and confidence? You will need to re-invent your internal thoughts so that they are positive and constructive.

Positive Reconstruction of Negative Self-Talk

How do you re-think what you are telling yourself? The following is a closer look at common statements, and what they really mean.

1. “She’s too attractive for me. She’s out of my league.”

It is up to her to decide if someone is a suitable mate. Don’t assume anything! Everyone has seen a stunning woman on the arm of an average man. That guy didn’t let his internal thoughts get in the way.

If you are saying this to yourself, you have a poor self image about the way you look. If you listen to this type of talk, you will start to act unattractive. The

woman you are trying to get a date with will sense that you think lowly of yourself. Try replacing this thought with a new, more positive view:

“She’s really good-looking. Almost as attractive as I am!”

Maybe this seems a little cocky, but it will help you feel the confidence you need to portray that you are a prize. Of course, you shouldn’t say it out loud, just tell it to yourself. This will help you put yourself on her level.

The confidence is attractive to some woman, and at the very least the confidence you exude will make her want you more. Be careful not to overdo it though, obnoxiously cocky behavior is a turn-off.

2. “I’m not good enough to date her.”

She should decide if you are good enough or not. Also, don’t forget the possibility that she may not be *your* type once you start talking with her.

When you say something like this to yourself, you are saying that the woman is a better person than you are. When you tell yourself this, you start to believe it and act that way. She’ll pick up on it, and you certainly won’t have a chance to date her. Who wants to be with someone that thinks they aren’t good enough? Think about changing the statement to:

“She has a lot of positive things going for her, but I think I can bring a lot to the table, too.”

Of course this is a little cocky too, but you are positively noting her traits, and balancing it with your own. Women like to be with someone who is confident. Nobody is perfect, we all know that. By thinking you are in her league, your body language will exude the confidence you need to really be there.

3. “I’ll get laughed at for even trying.”

When you tell yourself this, you are saying that you are a loser, and you are assuming that the woman you are trying to talk to thinks so too. You are sending off the message through your body language and what you say.

When you have self-confidence, it will change the way others think about you, both men and women. You'll probably be surprised to find that when you are confident in yourself, others don't doubt you as easily. And so what if other guys poke a little fun? It's common for guy friends to find a little vulnerability and exploit it. Just let it roll off your shoulders. Reword this thought as:

"These guys will be really envious when I go out with this attractive woman."

4. "What would a woman like that want with a guy like me?"

If you don't think you are fun, interesting, and worth spending time with, then why should she? Every relationship impacts lives. When you date a woman, you will give her companionship, and give her someone that she enjoys spending time with. Tell yourself this instead:

"She seems like fun. I'm sure she'll enjoy what I have to offer her."

This different spin on your negative thought will improve your confidence because you are acknowledging your finer qualities as well as hers. Ultimately, you are hoping for a complementing personality to your own. Unless you talk to her, you will never know!

5. "She'll know she can do better than me."

When thinking like this, how can you succeed? This statement simply doesn't make sense because there is no one else in the world like you. Each person is unique and has their own qualities. What exactly does "better" mean, anyway? Isn't "better" and "worse" in the eye of the beholder? Change this thought to:

"She'll realize she won't find anyone else like me out there!"

You're unique personality and style is interesting, and she will be drawn to it.

When looking at yourself, and listening to your internal thoughts, consider lightening up a little bit. Men are often very hard on themselves. It's important to understand that thinking this way is self-defeating, and a sure way to line yourself up for failure, simply because you talk yourself out of being successful. If you think self-confidence, you will act self-confident, which is attractive to women. Confidence will make you feel more comfortable about approaching a woman, and will benefit your dating life significantly. In the next chapter we will cover building your self-confidence and how to use it to your advantage.

Chapter 2

Tips for Success When Meeting Women

Building Your Self Confidence

There are many techniques you can use to try to boost your self-confidence. Some work well, and others don't. The goal is to make yourself feel great and have a positive influence on your life. Commonly used confidence boosters are:

- ❖ Positive affirmations
- ❖ Exercise and weight lifting
- ❖ Grooming & keeping up appearances
- ❖ Alcohol

Focus on Positive Affirmations

The most effective method of boosting your self-confidence is by using positive affirmations. This technique involves repeating key phrases internally until they become a part of your personality. You begin to believe these important positive phrases and you will eventually live them. This powerful tool can be used throughout all aspects of life from business, to your career to dating and relationships. By believing you have the capabilities to have the world you want, you create the reality. Follow these tips for using positive affirmation in your daily life:

1. Determine your goal.

Think of what you want to achieve, whether it's a feeling or an achievement that you desire.

2. Create an affirmation.

Do this by writing down a phrase or statement that uses positive words and refers to the now instead of the future.

3. Repeat it to yourself in your head. Focus on one affirmation at a time, until it becomes a reality. Using one affirmation at a time is usually the easiest way to implement change. Repeat the affirmation as many as 100 times per day.
4. It's okay if you don't believe your affirmation now. The practice of positive reaffirmations is that you create a belief by repeating this statement.

Creating Useful Positive Affirmations

What is a good positive reaffirmation? To make noted change in the way you think about yourself, use the worksheet at the back of this chapter to clearly articulate your affirmation, and make sure that you are doing it correctly.

Correct Example: "I'm attractive and women find me good-looking."

Why is this a good statement? Mainly because it short, to the point, and uses positive thoughts to get across a statement that once you believe, will help you exude the self-confidence that women love.

Incorrect Example: I won't be nervous when trying to approach a woman."

Why is this incorrect? Nervous is a negative word that will do nothing in the statement to help you when you are repeating it to yourself. This, and other negative words used in reaffirmations will only remind you of the negative trait.

When creating positive affirmations, do:

- ✓ Avoid words that have a negative connotation. Don't use words that will remind you of what you are trying to avoid, like anxiety or nervousness.

- ✓ Keep the affirmation short and sweet, and avoid long words that will complicate things. Your brain will focus best on short, succinct phrases that have a defined purpose. You will be able to process it quicker, and turn it into a reality.
- ✓ Be persistent – you might have to repeat your affirmation hundreds of times before it begins to stick. Keep with it until you are feeling the statement as fact.

Positive Affirmations: What They Are & What They Aren't

The key to success with positive affirmations to boost your self-confidence is being realistic about how they are used.

What affirmations are:

- ❖ A tool used to convince yourself that you are worthy. It's used to change how you feel about a situation.
- ❖ A self-improvement technique that you do in private, but that will impact every area of your life. It's important to do it in a quiet place where you can concentrate on what you are really saying.
- ❖ An indirect way to affect other people by your actions; once you begin to believe your affirmations, the way you act will change, and the way others treat you will change.

What affirmations are not:

- ❖ The same as self-questioning or initial thoughts that pop into your head with considering approach a woman. Those give you the immediate, "in the moment" jolt of confidence as you are about to approach a woman.
- ❖ Something you can use as a bandage in the moment. Positive affirmation work when applied over the long term.

- ❖ A direct way to control other people's thoughts about you

You should create your own affirmations that are specific to your situation. However, here is a table of sample affirmations that will give you an idea of what yours should sound like. Many of these are generic enough that you could use them.

40 Sample Positive Affirmations

I am in control and self-confident.	I am my own best friend, and like myself for who I am.
I am in control and pick my own destiny.	I am content and successful.
I am one-of-a-kind, and I pride myself on being unique.	Being persistent will help me be successful.
I will meet my goals.	I'm always improving in every part of life.
I'm fit and strong.	I welcome change and I am flexible.
Being confident will help me get what I want.	I am worthy of success no matter what anyone else says.
No matter what my body image, I am worthy.	I have the ability to act appropriately in every situation.
I believe in myself.	I can handle anything.
I am safe and shielded from harm.	I believe that I always do the right thing.
I have nothing to prove to anyone else.	People respect me and appreciate what I do.
I am loved.	I am attractive and passionate.
Anything is possible in my life.	Women find me charming and fun.
I have everything that I need.	People think I'm composed and relaxed.

I start interesting conversations easily.	I genuinely like who I am, and feel great about myself.
I am courageous and view myself as the best me I can be.	I look at the bright side. Every day is a new day.
People think I am ambitious.	I am disciplined, and have the willpower to do anything.
I'm as smart as anyone else.	Women are looking for a guy like me.
I'm fun and have a lot to offer.	I create my own world under my own power and ability.
I can and will do this.	I have a high level of confidence.
People think of me as outgoing and friendly.	I am attractive and feel great.

You can use any of these affirmations in any aspect of your life. You will notice that a lot of the affirmations listed above are not specific to dating and women. That is because they are designed to help with your overall self-esteem, and the attention from women will naturally follow!

What You Say & How You Say It

The way in which you talk to women, both what you say and how you say it with your body language, greatly impacts the likelihood of successful dating. Have you ever tried to talk to a woman, and spent so much time trying to get her to pay attention to you that when you finally started talking, you had nothing to say?

By planning out your initial conversation, and rehearsing a couple of things that you can say, you will remove the stress related to the first conversation. There's no faster way to end a meeting opportunity than to have uncomfortable silences and awkward moments.

Planning will help you avoid stammering, stuttering, and drawing a blank. Avoid obsessing about what she is thinking because it will only create feelings of self-doubt.

In this section, you will learn about how to plan your conversation, what to say when you first approach a woman you like, and how to use conversation generating questions to keep a conversation going. We will also cover the essentials in body language, both reading hers and paying attention to what your body language is saying about you.

If you have had your eye on someone that you would like to get to know a little better, you are at an advantage because you know you will see them again. For example, is the woman you find attractive from your gym, work, or at the local coffee shop? If so, then you know where to go to see her. This is the best situation for pre-planning an encounter.

The goal here is to have enough things to talk about that you are comfortable in starting and sustaining a conversation. You don't want to be running off at the mouth if it is not natural in the conversation. And you don't want to be talking so much that you are not listening to what she has to say either. Listening is a good quality that women find attractive.

Once you've made up your mind to approach her, and you've put some thought into what you will say, put yourself in a situation where you will see her and just do it. Don't wait or procrastinate, because then you might start having negative thoughts and talk yourself out of it unnecessarily.

Step 1: The Greeting

Follow these steps when first contacting your woman of interest:

1. When you first see her, go right up to her and greet her.

2. As you approach her, make eye contact. You are confident, and you can do this well. Many people who avoid direct eye contact are nervous, shy, or have something to hide.
3. Maintain good posture. Keep your shoulders back, head up, and stand up straight. This will show that you are a confident man, and women are attracted to confidence.
4. Use her body language to determine your next move. See chapter 3 for an in depth look at reading body language. It's essential in successful conversation skills.

It depends how well you know her, but you will want to start with a greeting. Write down an outline of what you plan to say in advance so that you feel more comfortable. Try to come up with something creative and different. She will remember you as being interesting if you have something to say. Consider a wink, or raising your eyebrow to show her you are confident and fun.

Step II: The Conversation

When planning out your conversation, you can write it down, or just rehearse it in your mind. It's been proven that writing things down helps you recall them more easily.

Start by writing out a few questions that you would like to ask her. Keep it light and fun. The questions should draw her to talk about herself. People usually enjoy talking about themselves, and your questions can help guide her.

While there are many basic questions you can ask her, you may want to stay away from the boring ones. Try to avoid the overly used, "How's the weather?" It's not interesting, and it's leading you down the wrong path for a conversation. Some commonly asked questions are good, however, because it is how you will learn more about the person.

Here is a listing of some good commonly asked questions that will help you draw out more information about the woman you like. After that, there are also some suggested unique questions that you can try.

Common Questions

1. How many siblings do you have?
2. What city were you raised in?
3. Did you go to college? Where?
4. What's your favorite color/number/movie/band/food/drink/item of clothing?
5. What's your background? Where were your parents born?
6. Do you have pets?
7. What's your job?

Unique Conversation Starters

1. Describe your dream house.
2. What's your perfect vacation?
3. Tell me about your most embarrassing moment.
4. What's the best gift you've ever received?
5. What's the strangest dream you ever had?
6. Where do you see yourself in 5 years?

If she doesn't want to answer any of your questions, you can always throw in a story that warms her up and answers the question. So, for example, if she doesn't want to tell you her most embarrassing moment, tell her about yours.

Use stories throughout the conversation to keep it lively and interesting. Be sure not to do all the talking though; encourage her to tell stories while you listen. In advance, come up with a few stories that you can share with her about yourself. Humor is always the way to go in this situation, and poking a little fun at yourself with your stories may be endearing to her. The goal here is to have something to fall back on, and trigger a good conversation. When she hears your story, it will probably make her think of something similar, and she may take over the talking, and you will listen.

Step III: Take Action

While this step could be its own book, we'll cover the very basics of this important step. Just like in sales, you'll need to have a plan of action when you are done talking. If you are interested in seeing her again, in more of a formal date situation, you'll need to ask her out.

If you feel like you got enough information from your conversation, make a decision on whether or not to ask her out. If you are unsure, don't ask her out now, rather wait and think about it. If you know you want to see her again, just ask when you are about to end the conversation. Try something as simple as "It's been great talking with you. Are you interested in getting a cup of coffee with me?" At this point she'll either say she's not available, not interested, or yes. You will never know if you don't try!

If she says no, don't sweat it. Wish her well, and don't waste too much time on it. There are plenty of other women out there. Most likely her reason for saying no had nothing to do with you at all, but perhaps it was her own situation. Maybe she is seeing someone else, or she's not looking for a relationship right now.

If she says yes, smile and find a time that works well for you both. Offer to pick her up or meet her there. Keep it light and easy, ask for her phone number and give her yours. Congratulations!

Suggested Tips for Making this Easier

- ❖ Breathe. If you experience panic attacks and extreme nervousness when trying to talk with women, practice deep breathing techniques for stress reduction. Proper breathing increases the oxygen levels in your blood and makes you feel calmer and more relaxed naturally. Are you breathing correctly? If you are, your stomach should rise and fall with each breath. Take longer, slower breaths when you inhale and exhale.
- ❖ Keep good posture. Keep your spine straight when sitting or standing. This will help you breath correctly, as well as look more confident and attractive.
- ❖ Exercise regularly. By working out regularly, you not only feel better about yourself, you will look better and reduce your anxiety and depression. You will have better, more restful sleep, higher levels of energy, stronger muscles, and better circulation. The four main categories of exercise are:
 - Cardiovascular Exercise: Used to build up endurance, this is the most effective in burning fat and helps you psychologically. You don't have to spend a lot of time doing this type of exercise to reap its benefits. Just 15 minutes a day will help. Common cardiovascular exercises include walking, jogging, and taking the stairs.
 - Muscular Exercise: Strength training builds your muscles by using weighted resistance such as handheld weights or gym machines. This exercise, coupled with a cardiovascular workout will give you a comprehensive body makeover when done over time.

- Stretching Exercise: By practicing stretching exercises, like yoga and tai chi, you will become more limber and flexible.
- Balancing: These types of exercises are beneficial to you if you don't know how to dance or are generally uncoordinated and awkward.
- ❖ Set up your own diversion tactics. Use the technique to distract yourself from your nervousness and anxiety in any situation. Think about whatever you want to in order to change the subject in your mind. If negative thoughts come in, try these things:
 - Count to twenty or say the alphabet in your head
 - Chew gum or suck on a mint
 - Hold something like a swizzle stick or napkin
 - Do a complicated math equation in your head
 - Think about your work to-do list
 - Try to remember what you had for dinner – 4 days ago!

Appendix I: Positive Attribute Assessment Worksheet

Directions:

Use this worksheet to keep track of your personal traits and qualities. Answer the following questions with one word or short phrase answers. List them in the column to the right.

My best traits are ...	
My friends think I'm...	
The top five things that I wish people knew about my personality are:	
I find the following to be characteristics of someone I admire:	

Look down the right hand column. It's an impressive list, isn't it? Is this list of personal traits and characteristics those that you consider the most important? If so, focus on these things when developing your positive statements and personal affirmations.

Appendix II: Changing Negative Self-Talk into Encouragement Worksheet

Directions: In conjunction with your list of positive characteristics, use this worksheet to work through the spinning of your negative self-talk, by turning it into positive coaching. On the left column, write what you tell yourself that's negative, and in the right column re-write the comment in a completely positive light.

Change your negative internal voice into a positive coach that will help you take chances and try for what you really want in every aspect of your life. When you are trying for something that is out of your comfort zone, do you hear negative things that make you want to turn around and go home? Turn them around by writing out the positive counterpart.

Negative Internal Comment	Re-worked Positive Version
1.	
2.	
3.	
4.	

Appendix III: Creating Personalized Positive Affirmations Worksheet

Directions: In conjunction with your positive traits list, use this worksheet to create your own personalized positive affirmations.

Positive affirmations are different than the positive encouragement you tell yourself right before doing what makes you uncomfortable. With positive affirmations, you are changing your fundamental beliefs about yourself and your own reality. These statements are repeated hundreds of times per day until you believe them and assume the trait.

Use your positive attribute list when writing your positive affirmations. After you've defined your insecurities, create statements that will help combat your insecurities, and build up your self confidence.

Personal Insecurities	
I feel I'm lacking in the following areas:	
I am most insecure about:	
I'm worried that people will think that I'm:	
I don't take actions because I'm afraid that:	
Re-working Your Personal Affirmations	

Chapter 3

Body Language: How to Tell If She's Interested

Why is Body Language Important

By carefully paying attention to other people's body language, you can see their hidden signs about how they are feeling at that moment. If you know the different body language signs you can monitor your own portrayal to make sure your body is saying what you want it to say.

Being able to read her body language when you are talking to her for the first time will help you detect if she is really into you, or just waiting for you to go away and leave her alone.

Knowing how to read someone's body language will make you more comfortable around them. If you know what she's thinking and feeling, you can more easily plan what to do or say next. The only alternative to reading body language is to resort to verbal cues only, and reading between the lines of what someone is saying is often difficult, if not impossible.

Put yourself at an advantage by secretly learning what different movements, postures, and actions mean in body language. It will relax you because you will have the inside scoop on what she's feeling.

It's in the Eyes

The way in which a woman looks at you can carry a very strong message. First of all is the unspoken "come on over" look. Picture yourself sitting in a public place (bar/coffee shop/club) and a woman a few tables away catches your eye. She's looking at you longer than if she was just glancing across the room. She's

making direct eye contact, she holds your gaze a little bit longer a second time. She's clearly interested in you. Go ahead and approach her!

When you are talking with a woman, you can read her eyes to see what she is thinking and feeling. If she doesn't make eye contact with you, she's probably anxious. If she does look at you, and her pupils dilate, then it means that she is excited and attracted to you. If you carefully watch a person's eyes when you are talking, you can tell if they are bored and disinterested, or if they genuinely are finding you funny and interesting. Decide how to proceed from here.

If while she is talking, she looks away, it is a sign of a lie. Don't confuse this with looking up, which is an indicator that someone is trying to recall an answer or detail from the back of their head. Excessive blinking while speaking is also a sign of lying.

Batting her eye lashes is a sign that she finds you attractive and is flirting. This is typically done when she is listening to you talk.

If she raises her eyebrows when you are talking, she's probably excited about you and what you are saying.

Her Hands (and Feet!) are Telling you Something

Women subconsciously use their hands and feet to send a message. There are several, very different ways women do this. Here are a few:

1. Most common in an established relationship, if you tell a woman good news, for example that you have front row concert tickets to her favorite band, she might clasp her hands and rub them together. This means that she's excited, filled with anticipation of a fun evening, and full of positive energy.
2. If a woman shows you her palms she is interested in you. This also means that she feels comfortable with you.

3. If a woman points her feet in your direction then she may be interested in you.
4. If a woman touches her hair, and runs her hands through it, it may be a sign that she's attracted to you. Be aware though, that some women play with their hair out of habit, so it's important to be able to differentiate between the two.
5. Putting her hands in her pockets means that she may be trying to establish dominance. She may even rock back and forth to give the illusion of added height. Be aware of this because it might be a sign. Perhaps there will be dominance issues in the future.

What's the Posture?

This one is fun to watch in others, and note in yourself. When you are walking down the street without thinking about your posture, how do you look? Most likely you are slightly slumped forward, head down, thinking about something else. When an attractive woman walks by, what do you do? Probably stand up straight, put your head up, shoulders back, and chest out, right? This latter posture is more confident-looking and shows that you have a high level of self-esteem.

A few other interesting posture body language definitions are:

- ❖ Men and women tend to lean in to a person to whom they are attracted.
- ❖ Does she laugh at your jokes and tilt her head back? Then she is probably interested in you.
- ❖ Does she lean forward and touch your arm lightly? This is definitely a sign that she likes you and is trying to draw a connection to you.

Conclusion

Obviously, there are many different factors to having successful experiences with women. Only after a series of trial-and-error attempts will you learn what works best for you, and what comes to you most naturally. There will always be a little bit of anxiety around talking to a woman for the first time. This excitement is what makes you want to get together in the first place.

Try using the worksheets located at the back of Chapter 2 to help you define what you are trying to do. By writing down your fundamental thoughts, you will be able to articulate and pinpoint what you need to work on to gain the confidence you desire.

If you follow the guidelines laid out in this book, and avoid the deadly traps out there, you will create your own success. Stay away from the cheesy jokes and offensive pick up lines, they are nothing but turn-offs. Don't be overly sexual or talk brashly about sensitive topics, and try to be sensitive to her. Use your self-confidence to woo her, and create the image of yourself that is the best you can be. She'll find it attractive, you'll feel great, and you will find the perfect woman of your dreams.

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