

THE



WOMAN

MEN



CAN'T



RESIST!





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Introduction—A Wake Up Call To Change Your Love Life Forever

Are you desperate for that secret that will help you to attract the right man?

Do you long for the man of your dreams but often struggle with how to reel him in?

Do you wish you knew what it would take for you to master the art of attraction and draw him in and keep him as your own once and for all?

Well the answers are finally here and it's time to learn what other women out there know. If you're tired of dating losers or seeing other women win over the men, then it's time to change your romantic life forever.

It's time to wake up from your stale love life and learn how to attract the men that you REALLY want. Forget about what you think you know and abandon past habits that have likely put you on a fast track to dating all the wrong men.

There is a man out there for you—and now it's time to make him your own!

There are six secrets that you will learn here which will not only help you to attract a man, but ensure that he's the right man for you. You are going to learn what it takes to win him over and keep him as the man of your dreams forever.

This starts within you and so it's time to be ready to make some simple but highly effective changes to make yourself as confident and attractive as possible.

Attraction starts on the outside of course, but it's about much more than just looks. Sure you do need to put your best foot forward but you also have to be the whole package if you want to draw in the man of your dreams.

So if you are truly ready to change your love life forever and to attract the man you've always wanted, it's time to get started and there is no looking back!



Evaluating What Has Gone Wrong In The Past

Have you ever suffered through bad relationships and wondered why you stayed?

Have you ever pondered what went wrong in light of a bad or sudden breakup?

Do you wish that you could figure out what went wrong in the past so that you could move towards a brighter future?

If we're being honest we often tend to blame the man on some level when a relationship fails—and that's partially right. The truth is though that there is often something that we brought to the relationship which caused things to fizzle.

You have to dig deep and be ready to face truths that may be difficult to comprehend at first. None of us like to admit fault or issues that we need to work on, but if you do then you can move towards the relationships that you really want in the near future.

For many women relationships went bad in the past due to a few simple factors. If you boil it down, more than likely you can pinpoint what went wrong based on these common issues:

- Lack of confidence: You never felt good about yourself and therefore he perceived you as a negative person
- You never celebrated your best assets: Let's be honest, men are very physical and sexual beings and they want to see you accentuating your best assets and embracing a good physical connection
- Too much dependence: You could never let go and be your own person, but rather leaned on him too heavily and therefore suffocated him
- You stopped trying or took him for granted: This is a big problem as men need to feel important, need their egos stroked, and certainly need to see that you care about the relationship and keeping him happy
- He needs to be a priority and so does your sex life: Far too many women give up on the physical relationship and make their man take a backseat to other things in life, and this can make them feel like giving up

Learn From the Past So You Can Move Forward

I'm not proposing that you stay focused on the past or what went wrong, but there are lessons to be learned here.

Yes chances are that the man you dated in the past had his own flaws which contributed to the relationship falling apart, but we're not talking about him or his future now.

This is all about YOU and how you can learn from past struggles to gain strength and focus to move forward with a healthy and happy love life.

So dig deep, focus on what may have caused problems in the past, learn from it, and then move forward with confidence and intent. This is how you will learn to not only attract the right man, but to hold onto him and make this a bright future.

Pull the lessons from past struggles and then let them go—it's time to move forward with the right attitude and life lessons to attract that man you have always dreamed of!





The Six Steps To Attracting and Keeping The Man Of Your Dreams

Newsflash:

You don't have to live with a stagnant love life!

It doesn't matter if you have suffered through a series of bad relationships and are now alone or if you need to give your current relationship an overhaul, these six steps are going to make ALL the difference.

And while we're talking ...

You DESERVE a good man. You don't have to settle, nor do you have to let the other women take the good guys and take what's left over.

Give yourself credit here because that's the kind of mindset that will allow you to move towards success. This is about attracting him, getting his attention, drawing him in, AND THEN keeping him for the long haul.

It takes perseverance and diligence, but it also takes feeling AWESOME about *yourself*. It means that you make him a priority ... (IF he's EARNED it) ... but that you don't allow the relationship to create your identity.

There's an important distinction between caring and putting forth effort and becoming dependent, lacking confidence, and allowing the relationship to fall apart or him to take control.

Be the woman in control, think about these six steps and then more importantly how to apply them, and take some power back. You are very capable of attracting the man that you have always wanted, and now you just have to go out there and use these lessons to just do it!



1. You need to put your best assets out there and draw him in physically before anything else.

This may very well be one of the absolute most important lessons when it comes to attraction so really focus on this and make it your own.

This is about being the whole package—it's the way that you look, but also the way that you feel and the attitude that you exude to the world around you. It's about the amount of effort that you put into getting ready each day and ensuring that you look and feel your very best.

Many women think that it's simply about dressing the part, but if you don't FEEL it then that shows. We've all seen that woman that is dressed beautifully but you can tell that she just doesn't feel comfortable in her own skin.

You have to be able to pull it all together—and that means putting forth the energy to really BE the whole package! This is truly about embracing your femininity for all that it is, and when you do that he *is* going to notice you!

Think about this concept for a moment and really allow it to sink in. When you look good you feel good, right?

Well the converse can be true as well for when you feel good about yourself and you know that you are doing your best to really put some good energy out to the universe, then you look good and may actually even have that certain glow about you.

Some of the most attractive women out there are the ones who put forth effort not only into their appearance but their attitude. Anybody can put on a pretty dress, but does she feel beautiful in it?

You don't have to be a certain size or look a certain way to be attractive, and that's an important message to remember!

Have you ever seen that woman that is teeny tiny, great body, dressed hot, and basically looking amazing who can't hold a good conversation? She seems uncomfortable and even awkward, but man does she look good.

Compare that to a woman who may not be that certain size, but she exudes a certain energy about her. You can tell that she puts effort into her appearance as she has her hair and nails done and is wearing a pretty dress. But man does she seem to epitomize what being a woman is all about!

Who do you think that the man is bound to be more attracted to? You might be surprised to hear that it's the second woman.

It's really and truly about being the whole package because that's what is going to attract a man in and make him maintain some interest moving forward.

He wants to see that you put forth some effort and that you are all about being feminine. Sure the physical traits are undoubtedly important because men DO CARE about the physical aspects of a relationship, so remember that always.

It is also about the way that you move, the energy that put out there, the way that you carry yourself, and what you bring to the table overall.

So don't just put your best attributes out there but celebrate them. Don't just dress the part but feel really and truly good about the vibe that put out there in doing so.

Even if you are in a spot where your relationship needs an overhaul, take the time to dress the part, get in touch with that inner strength, and put forth some really powerful energy—he is absolutely going to notice and love every second of it!





2. You need to be confident, happy, fun, a little flirty, and evoke a bit of mystery to get his attention.

When we say that it's about being the whole package, it really is about the whole package. It's about having the right attitude just as much as it is the physical traits, believe that and live it!

So when you think about how to attract that dream guy you have to think about what he is going to want in a woman. Even if it's about giving your relationship a little overhaul you have to think back to a time when things were really great and get back into that mind frame.

Attracting a man initially and in the long term is about being confident and self assured. He wants to see that you take pride in who you are and what you put out to the world around you.

It's about your attitude not only towards others, but towards yourself. Having the ability to take a compliment and to feel good about it.

Being fun, overall happy, well adjusted, and being able to stop and enjoy life. Rolled into this is the ability to be flirtacious and to really embrace this fun phase of a relationship, no matter how long you have been together.

When you are in that "honeymoon phase" of a relationship you are really flirting with each other, enjoying life together, and feeling so good. Embrace and harness in that good energy because that is what will help him to see that you are worth taking a look at.

Yes you put a little mystery out there—essentially that means don't put all of your cards on the table! Leave him guessing a little bit and make him want to learn more.

Being flirty and fun evokes interest because he sees that yes you can hold a conversation and you are somebody that is just truly enjoyable to be around.

You CAN portray this in a first impression as you are already putting your best face forward in the physical attributes and now you are just driving the point home by almost commanding attention with your fun, flirty, and really carefree attitude.



Are you going to have bad days and struggle with this concept? Sure we all have our bad days and we are all off our games sometimes.

The point here however is that when you are interested in attracting him and you really want to get his attention and keep it, you put your best attitude out there for the world and him to see.

He doesn't want to try and start a conversation with you only to hear about what a craptastic day you've been having. He doesn't want to hear about your horrible job or your past relationships.

He wants a woman that keeps him guessing, that draws him in with energy and charisma, and who he genuinely wants to talk to and to learn more about.

He needs to see that whatever else may be going on in your life you are able to put it aside long enough to have a little fun. All of the issues can wait because in that one moment that you are focused on attracting him you are putting your best self forward and really celebrating the fun side of who you are.

Yes in a long term relationship life happens and you can't be happy all the time. If you want to generate that spark though, then you have to be willing to really win him over with that fun, flirty, and carefree attitude.

Whether it's to attract a new man or to win your current man back, you have to be that fun woman that you know that you once were. Really enjoy this and remember that it ties back to when you look good you feel good.

When you are confident and self assured then having fun, being a little bit mysterious, and flirting comes much easier. Enjoy this phase for all of the greatness it can bring about for you as you move forward with this man of your dreams!



3. You need to form an emotional bond

Though it may seem as though men are only ever interested in appearance and nothing beyond that, beauty only runs skin deep. Don't fall yourself as physical appearance is undoubtedly important in reeling him in, but there must be some substance.

This is often what so many women fail to remember as they think of how to attract AND hold onto the man that they have always dreamed of.

Sure put the effort into your physical appearance and show that you take care of yourself, but also work on developing and then nurturing that emotional bond with him too.

There must be some level of mutual interest—it can be as simple as a love of movies or as specific as a passion for the game of tennis. The point is that you have certain interests and aspects that make you who you are.

This doesn't mean that you go out and take on whatever hobby that he happens to be into, because in the end he does want you to be your own person.

It does mean that perhaps you show some interest in what he likes, so perhaps you go to a football game with him. Even if it's not your thing you aren't appalled but rather work at trying to develop that mutual interest in what makes him the person that he is.

This of course should be reciprocated but not forced. If he absolutely hates the ballet for example then don't force it on him unless this is a major part of who you are as a person.

You are your own person and he is his own person but you need to find the area that makes up your middle ground. You need to find and embrace common interests and then work at cultivating them to develop that deep emotional connection.

Anybody can connect on a physical level and men are very good at that. What will help to set you apart as the woman that he simply can't resist is the fact that you are able to connect with him on an entirely different level, an emotional and deeply profound mental level.

You want to know what he's all about and it shows—and that will always win him over.



When you are first dating you can't help but learn about each other and this is when the emotional connection really starts to take shape. It can then either blossom from there or fizzle out.

Oh and he will definitely know if you are faking it, that is if you are trying to act interested in something about him just for the sake of seeming like a great catch.

(This is why playing those manipulative games to 'get' a man NEVER works in the long run. Heck, or even in the short run, either!)

Be genuine in learning about what makes him the person that he is and then ask for the same for him. Some interests you may meet square in the middle on and that's the best case scenario.

And no, you don't have to enjoy belching contests or playing *God of War* for six hours on a Sunday afternoon to 'meet in the middle'. The point is that you take the time and put forth the effort to really understand this for the sake of him.

Initially it's about drawing him in by winning him over with a great physical appearance, a strong physical connection, and a genuine interest in what makes him the person that he is.

As you move forward and hope to be that woman that he can't resist it's about figuring out where your common interests and middle ground stands—and then working beyond that to make a workable and really great bond.

When he sees that you are not just a pretty face but also a woman of substance who he can talk to and connect with and who is really interested in what he's all about, this is when the magic happens.

Don't force it, but rather let it happen naturally. Search out the common interests and then let the rest be a learning process to gain insight into what makes him the man worthy of your love in the future.



4. Sex is the glue that holds your relationship together – you can't fake the spark!

A great guy wants the WHOLE PACKAGE.

(As should you, my dear!)

Any idiot can attract a man based on physical appearance. That's what it takes to draw him in, but it takes much more than that to keep him around and be the woman that he truly can't resist.

He wants to see that you are beautiful and that you put effort into your appearance. Too little effort and you will look like you don't care, but too much effort and it will look like you try too hard.

So it's that fine balance of embracing your natural beauty and then accentuating your best assets. The physical is what will draw him in, so do be sure to spend time on this.

He also wants to see that this is something that you will always care about and that you won't just let go if there is to be a future with him. So don't start dressing in fuzzy pajamas if you have been on a couple of dates with him—keep the romance and the physical connection alive and going strong!

He needs to see that a good sex life is not only a possibility but also a privilege. He needs to know that you care just as much about the physical connection as he does.

Maybe you don't think about sex as much as he does and maybe you don't even care about it as much as he does. He must see that it's going to be a strong part of your relationship if you are to have a future together.

Too many women let it be known far too early that they don't really care that much about sex—DO NOT make this mistake!

Sex matters to guys. Physical appearance matters to guys. Remember both of these things and be sure that they continue to be a priority moving forward.

It must go much deeper than that however if you wish to keep him as your own as you move forward. There is a very fine line between attracting him and retaining him, and within this realm is the place where being the woman he can't resist truly exists.

He needs to see that you have something beyond just the hot appearance and the great



sex life—yes you read that right and it is true!

Men initially care primarily about the physical as that is what they will base all of their decisions on. They need to see that you are interested and committed to the way that you two meet on a physical level, that is they want to see that the sex is going to be good.

Then all of a sudden as they start to get really interested in you they want to see what else lies beneath that good looking appearance. They want to actually be able to carry on a conversation with you and to see what you are all about.

So while the sex and the physical aspects of the relationship may continue to matter greatly to him, he ultimately wants more as he moves forward with you in your relationship together.

This is why it really matters to be yourself up front and all along—if you try to be somebody else then he is not getting to know the person that he may want to be with.

Show him from the beginning that you are the whole package and much of this stems from confidence. Show him that you are not just a pretty face, but actually somebody interesting to talk to as well.

If he can see that you contain substance and that you are really and truly everything that he's interested in, then he will not be able to resist you.

He will be intrigued from the very beginning if you can draw him with good looks but then he sees that you actually also have great wit, humor, and intelligence.

Charisma is a beautiful thing.

But, like so much of what's beautiful in this world, *it can't be faked* ...

So it's time to start loving who YOU are, what YOU'VE got, and being truly confident that your strengths and personal, individual beauty will bring you the most authentic, loving partnership that you truly deserve.

Fakers need not apply!!

Here's how this works from HIS point of view ...

A guy needs to see what you're all about and those girls that are always getting the guys interested are doing so because they are putting the physical appearance out there, but also giving him something beyond that to be interested in whether it's humor,

good conversation, or some non-physical aspect of her being.

This is where you as a woman have to feel good about yourself and have to dig deep to embrace the confidence that it takes to really BE the whole package. Men pick up on lack of confidence or lack of sincerity so the more that you fake it, the more turned off he will be.

So by all means draw him in with your physical beauty, feminine curves, and stunning smile (a note on smiles – they're a natural curve that beats boobs, booty, and everything in between – and you'll get a lot more stares when you use YOURS!) ...

... but then be *truly* irresistible by putting out there all that you are and all that he can hope to enjoy of you. Be yourself and feel truly confident about everything that you possess.

It sounds easy enough but it's about putting it all to the test. It's about winning him over and making him want for more based on the unique traits that make you who you are.

Sure he can be attracted to any woman that he meets, but what will make you truly special is what other substance you bring to the table. Great physical appearance, a good sex life, and then a woman who he can talk to and connect to equals a winning combination and a truly irresistible package!

You must feel confident and exude that as he will be drawn in to learn more. If he can talk to you, connect with you, and be attracted to you then you will have him as your own almost instantly.

This is about being your own biggest fan and then making him feel interest to want to learn more about what makes you such a catch, and what makes you somebody that he truly can't resist!



5. He wants you to need him ... but not too much

As if it's not confusing enough to make this all come together and be the woman that he can't resist, this step may be the finest balance that you will have to work for. You can be the whole package and be the woman he desires, but pay careful attention to this step.

He wants you to need him, but not too much. He wants you to be there for him, but not be overbearing. He needs you to support him, but can't let you be overbearing. He essentially wants a support system but doesn't want you to be the needy type.

Confused yet? This is an area where so many women struggle with and yet if you play your cards right he will really see what you're made of here. You do need to pay special attention to putting yourself out there and showing him you are there for him, but not come on too strong.

It can be done and in the end it's about trying to be yourself. What does that mean here? It means that by nature you are more than likely a supportive type and you want to show him love and compassion, but you do have other things in life.

If you have been the type to throw yourself into a commitment head first and therefore abandon your girlfriends and everything else in your life, then this is where you draw back a bit. This is where you learn to balance it all and make him wonder a bit, but yet show him that you are the woman that he can count on.

At the beginning of a relationship you want to keep things a bit mysterious. Show him that you are interested, but not too interested. Be engaged when he's talking to you, but not hang on his every word. Show support in your actions and words but not to the point where you give too much away.

In essence you don't want to put all your cards on the table at the early stages. The women that show what they are all about and indicate that they will drop everything for a man become almost too easy for a man to conquer. Let's face it, men like a challenge!

You need to initially show some interest when he talks, try to learn more about his life, but don't throw yourself into every ounce of his being in the early stages. If you do then you will scare him away—and you won't make it past the early stages!

So ... be interested, but hold onto who YOU are.



Hey, you. Remember you? Remember who YOU are? Remember what YOU want and need, what YOU deserve, what *you* desire from a man??

Good. Don't forget. Because the relationship you have with YOU is the only one you'll ever have for your entire life. So keep that in the back of your mind, okay?

Now, moving right along ...

He wants and needs to see that you are into him, but again never too much. Admittedly this is a fine balance but one that you can achieve.

Men DO NOT like the needy type! Though many women make the mistake of feeling that men like to be taken care of, they don't want a woman that "hovers". If you are nagging, needy, dependent, or too involved in the details of his life then you may feel more like a mother hen than a love interest.

So how do you handle this? How do you make the balance work? How do you create this delicate line where you support him and want the best for him, but all in the interest of never losing yourself? How do you show him that you are there for him, but yet not be the needy type?

It may sound like a tall order, but it can be achieved much easier than you might think. Talk to him, learn what he's all about, and show interest—but always hold yourself back just a bit. Get invested in him as things progress, but don't do so at the cost of who you are as a person.

Women tend to have a hard time with showing interest and not losing themselves. We have a tendency to be care takers and that means never putting ourselves first. The initial stages of a relationship are not a good time to demonstrate this trait, and honestly you never want to compromise your identity or what you are all about.

As your relationship becomes more real and more concrete, he is going to look to you for support. He will want to know that you are on board with his goals and dreams and aspirations, but he doesn't want you to compromise who you are.

Do let your guard down a bit as you see that things are moving along well. Be the supportive type but make sure that he returns that. It is when you throw yourself head first into his future and his goals, never making time for your own that he starts to feel that you are too needy. Be yourself, have dreams for yourself, be there for him, but never come on as the needy or dependent type!

So here's what it all boils down to at the end of the day—he wants you to need him but never at the cost of who you are. The depth of your need for him is bound to change

because at the beginning needing him too much can turn him right away. Only show that you need him as things move forward and as you develop a comfort level.

At the beginning be somebody who listens, but also don't make yourself too available. When you just meet a man or when you go on the first few dates, never ever make yourself open to whatever whenever—keep a bit of mystery about you. Make him feel compelled to want to learn more and to see where things can go with you.

Men do want to be taken care of and they do want to feel needed, but if it goes too far in the wrong direction then he may run for the hills. Women often struggle with this concept as they aren't sure how to show their interest without being needy.

Do keep plans with your girlfriends, do keep your own interests, and do work hard for your own dreams. As you move forward with this guy then start to take more of a keen interest in what he's all about and what he wants in life. A good relationship should start to harmonize and be about what each of you wants.

Don't be cold or off limits to him as he may take this as a lack of interest. Just don't be so available, hover too much, be dependent, be waiting on him for your next direction, or make him feel suffocated. This is a problem area for so many women and men can't stand it!

The woman that men can't resist is the type that understands that being interested in his life is important at the beginning and needing each other comes later on. It's also not a one sided thing or you are with the wrong guy. He wants you to need him, and you should want him to need you—it should truly work both ways!

Think through this concept and then apply it to your relationship. Think about keeping things light, airy, and slightly mysterious at the beginning. Men love a challenge and if you can take a slightly hands off approach early on then he will be compelled to learn more.

Needing each other is part of a relationship, but should be two sided and should never turn into losing one's identity. If you can remember these things and truly be yourself and stay true to that then he won't be able to resist you. It really does work!

He also needs to know that *you've got his back*.

He has goals, aspirations, and things that he wants for his life. He ultimately will want a woman that stands by his side, but in a strong sense. He will want to know that you always have his back, but this comes in phases.

If you can think of this as a phased approach then it will truly serve you well in your



journey into a full fledged relationship. This is where you may want to learn from past mistakes and if you were the type who threw yourself into his needs and his life firsthand at the cost of your own, then NOW is the time to change!

Men need a support system, particularly for the tough things in life. Sure they have their friends and their “boys” but this isn’t usually who they consult with their lifelong goals. They want that to be you if things are meant to be, but they want to work their way up to it.

They are not going to spill it about what they want out of life until they feel comfortable with you. They want you to be their biggest fan but not in a way that compromises who you are. In essence they want a strong woman who is independent and drive, but yet can be there to support them.

Yes this is a fine balance and he wants to see what you are made of. If you show all your cards or throw yourself into things too early it’s a turn off. If you stay off limits or play hard to get for too long then he will think that you’re not interested.

You want to hook him in with allure and interest and then see how things go. The sharing phase and the supporting each other stage will come as things move forward. Show him some interest, do be there for him, and make yourself available but just not too much.

Think through your actions at the beginning until you can see that things are progressing. You will be irresistible if he sees that you have a life of your own but yet there is a place for him. When you begin to share your thoughts, dreams, and goals it will be a two way street and that’s when you know that things are truly good.

Be there for him, but never at the cost of being yourself!

There is a fine line between being supportive and smothering him. He doesn’t want a nag, a woman who hovers, a woman who gives up who she is, or one that is only about his happiness and not her own. Let that sink in and learn from past mistakes here!

Be capable of needing him and supporting him, but don’t let that be the end of your own dreams and future. As you date more and the relationship becomes more solid then talk to him about what you want and be open to listening to his own dreams.

Being supportive is very possible without smoothing him. Think of how you are with your best friend—chances are that you are there for them and support them, but you don’t give up your own happiness to do so. Try to use that mindset moving forward and he will truly appreciate it!



Every cause that he has in his life does not need to become yours. Be available to talk to him, but don't drop everything every time. Be interested and actively listen, but be willing to share your own thoughts and feelings too.

A good relationship should be about sharing with each other, and if it feels one sided then it's not meant to be. Support should come from both directions and having a good friendship at the core makes for a longer term relationship.

So yes support him and be there for him, but don't be over the top. You become irresistible when you can show interest in him and his life without compromising or losing what you are all about. He will love the support and yet not feel overwhelmed by your needy feelings. You CAN achieve this balance with practice and good intentions!



6. Respect him, flirt with him, DESIRE him ... just don't SMOTHER him. Oh, and learn to adjust to new situations. That's hot.

Your man wants to know that he's important and this is all about the type of attention that you give to him and the way that you demonstrate it. You want to be able to support him and respect him, particularly in front of others. Respect is tied to ego and this goes a long way towards winning him over in the long run.

It's all about him feeling important, respected, and downright appreciated by his woman. Though you want to be careful not to go overboard the reality is that these are important traits in a woman that he sticks with for the long haul.

Though the extent that he craves this sort of attention may vary from man to man, the truth is that they all need it on some level. Above all a man wants to feel respected by the woman that he is with. Women are far more emotional and crave love and affection, but that's not the case for men.

Sure they need a fair share of attention, but to them this can come from the physical relationship. He does want to be flirted with because then he feels wanted and he sees you as sexy. Beyond that though the emotional side of things that matter so much to women simply don't matter as much to men.

He wants you to be able to hold your own and to be somewhat independent, but he does not want to be questioned. He wants to know that you believe he has sound judgment and that he makes good decisions. When you begin to question that it starts to undermine everything that he's about—and this can result in relationship crisis!

Cardinal rule number one—NEVER ever put down your man, especially in front of his friends or family! This will not only make him feel embarrassed, but also disrespected. It may very well cause him to question you or the relationship as well, so keep from doing this on every occasion.

If he makes a bad decision or lacks skills or knowhow in a certain situation, then find a way to tell him that after the fact and in private. Use a gentle touch when telling him something that could be construed as judgmental or negative and it will go over much better.

If you have something to say that could combat the respect factor, then always always always save it for private discussion!

If you criticize your man in front of others it goes to something that he will never admit—he really DOES care what others think. Even if he says all the time that he's comfortable in his own skin and he could care less about what others think about him, know that this



simply isn't true.

Men do care about the perception that others have of them. They want to put their best face forward, particularly in professional or social situations. This is something that you have to keep in mind, particularly as you build a comfort level and the relationship progresses. If you go against it, you may not like the end result.

He needs to feel cherished in a way by you, and though you don't want to go overboard with this you do want to remember it. Ultimately he wants to know that you take his feelings into consideration. A major part of this is ensuring that you don't put him down or criticize him in front of those that he cares about.

It will make him feel foolish, make him look back, and make it appear as if you have no regard for his feelings or any respect for him. Though you may care deeply and you don't mean to put him down in this manner, it will have crushing results. He will remember how silly he felt when you publically ridiculed him and therefore it's a situation you want to avoid.

Not only does he care about what others think of him, he cares what you think too. He doesn't want to ask too many questions as he wants to appear knowledgeable. He doesn't want to admit his shortcomings or inabilities because he wants to impress you. Your perception of him really does matter, at the beginning and as things move forward.

When he perceives a lack of respect from you it's like a slap in the face. At the beginning he wants to know that you care in a controlled manner. He is definitely trying to impress you and this is a game that he wants to win at. As things move forward he wants to continue to see that you have favorable thoughts and feelings towards him. He doesn't want to think for one second that you doubt him or that you have lost respect for him.

Be cautious with this information and tread lightly when you do have to offer something in the way of criticism. Always make sure he knows that you respect him and by all means never put him down or make him feel a lack of respect from you in front of others. He will truly find you irresistible if you can remember these lessons!

Not only does he crave your respect, but he wants to feel important. Remember this doesn't mean that you compromise your own life, identity, or values in order to make him feel this way. You should still be the same person and allow him to live his life, but you do want to make him know that you do care.

Act too aloof and off limits and he will turn away because he will think that you're not interested. Act too overly involved and smother him with love and affection and he will be turned off and think of you as too needy or even suffocating him. Again and as with everything this is about a fine balance that you must work to achieve.



Be a bit more guarded or cautious at the beginning about showing him the depth of your feelings. Do let him know that you care when the time is right, but let that be something to build up to. This will keep things interesting and make for a good situation for both of you to enjoy as things progress.

In addition to respect, a man wants and needs to hear that he is appreciated and admired. Make no mistake that this is all about male ego, and this can be a very fragile thing. He may struggle with self confidence or even worth, though he won't often let onto this outwardly.

So you can show through compliments and through telling him how much you appreciate him. Anything you can do to let him know that he's "the man" or that embraces his manliness in general will work quite well. This is as important to him as it is for you to hear that you look beautiful, so remember that.

Make sure that the positive sentiment is genuine, that it's never forced, that it's natural, and that it's not overdone. A compliment here and there, an acknowledgement of what a great man he is, and a well placed indication of respect can really go a long way.

Keep it very simple and limit this at the beginning as it will add to the mystery. As you move forward however, you can and will find what sort of balance works best for you to show him your loving feelings. You should of course expect the same in return for that's what makes a good partnership.

When he can't resist you and when you finally fall into a good part of your relationship, these loving sentiments, respect, and admiration will come often. Even then you may have to remind yourself to show them as life gets in the way. Always make him feeling important, desired, and loved a priority—just learn to adjust the level and intensity of it based on where your relationship is currently at and he will be in awe!

Along the same lines as making him feel important and respected, he wants to feel WANTED. This is easy enough at the beginning but can get lost as you move forward, and it's up to you to make sure it never happens. Flirting is and always will be a very important part of a relationship for a man!

If you want to be that woman that he simply can't resist then learn to perfect the art of flirting. This will be important at the beginning to draw him in and set you apart from all the other pretty faces. A little mystery, some well placed attention, and a willingness to embrace your confidence and physical beauty can go a long way!

Being able to flirt with him comes from feeling good about yourself. When you feel confident then he can see that. This means that at the beginning you engage in conversation but leave him wanting more. As you move forward he starts to see that your confidence means that you can adjust to any social situation and do quite well with it.

So flirting becomes about the way that you carry yourself and exhibiting the confidence that you have. Sure with him it's an extension of the physical traits or the sexual relationship that you share, but it's also about peaking and keeping his interest all along. When you learn to flirt with each other, then you have a certain playfulness that keeps you united.

Flirting with him makes you interesting at the beginning. Flirting with him along the way shows that you are in it for the long term and that will always keep things fun. Even when life gets in the way, you can still find a way of being playful and he wants that so much for his future.

Win him over by flirting and being different from other girls at the bar. Spark up conversation, but don't stay too long. Be easy to get to know but always leave him wanting more. Flirting is your way of being playful, inviting him in, and yet putting that sort of mystery out there that makes you somebody that he just HAS to get to know.

Flirting will always play an important role in your relationship and to being the woman that he desires. It is an extension of your physical relationship, but it's also a playfulness that only you two share. It shows that you are united, that you have fun, and that you have this special bond that only the two of you understand.

This is the sort of thing that keeps a relationship interesting and ensures that he's in it with you and that he will always be intrigued by you. When all else fails and when struggles may come up, it's factors like flirting, good conversation, playfulness, making each other feel important, and connection that will help you to stay in it for the long term—and what will make him desire you always!

Okay, You've Got the Man, But Is He "The One"?

So you're taking all of this information in and considering how to apply it to your situation. You understand what it means to be the woman that men can't resist, and now you want to apply this to your current relationship. You may just want to start anew on the right foot and wonder what sort of criteria you should be looking for.

You understand through the six steps just what he's looking for, but what about you? The truth is that you have needs and within that there are certain things that you should be looking for from a man that you want to be with. Whether it's evaluating your current relationship or starting a new one off on the right foot, there are certain considerations to keep in mind.

This has all been about how to draw him in and win him over, and that's fundamentally important when it comes to being the woman that he can't resist. But what about beyond that? What about your needs? More importantly how can you be sure that he's "the one" that you want to spend your life with?

As you begin a new relationship or try to breathe new life into an older one, you do need to consider what makes up a truly good man. Though not all men are created the same, there are certain fundamental characteristics, traits, and aspects of him that you should expect and be sure that he has. These are what make up a truly good man.

- He appreciates you for what you are and doesn't criticize you for what you are not: He sees the value that you bring and the great things about you. Though there may be some areas that you aren't perfect in (and that holds true for all of us), he doesn't focus on the negative. He is happy with what makes you the person that you are and he appreciates you as a person, never putting you down or making you feel unworthy or incapable.
- He's trustworthy, humble, and has charisma and integrity all at the same time: He is somebody that you can trust and that you know will uphold his end of things. He is humble, down to earth, easy to talk to, and above all just a good person. He was brought up right and it shows and translates into a feeling that you have a really good guy. He has personality, is charismatic, and generally gives off a good aura. He also has a sense of morals, ethics, and integrity that make him a stand up human being. He isn't somebody that you have to question because you know deep down that you can trust him and know that he will do the right thing.

- He has good judgment, is considerate, and makes good sound decisions: Along those same lines he also has the clarity to have good judgment. He may make mistakes, but overall he takes into consideration the situation and the feelings of others. He is careful in his decision making, rather than hasty. He does care about others and will do his best to make good decisions that don't leave others hurt or in a bad position.
- He has goals, dreams and a sense of purpose in life: You want him to have aspirations and plans for his future. Even if he's not where he wants to be, he has a plan to get there. He has a reason for being and is very aware of his purpose in life, and he works to get to where he wants to be next.
- He can achieve balance in all that he does: He understands what true balance means, personally, professionally, and in a relationship with you. He can enjoy time with you and still keep his friends. He can handle a demanding career and still make time for his personal life. He works hard to achieve balance in all that he does, and you feel that and see it firsthand in your relationship.
- He makes you feel important and puts effort into the relationship: Though he may have a lot going on in life, he still knows how to make you feel important. He puts forth effort and understands that as he wants to be cherished he needs to offer you the same. He has friends and can manage various relationships in his life, particularly with his family. He understands that to get something out of a relationship you need to put something into it, and you can feel that effort coming forth from him.
- He cares about the physical relationship, but the emotional one as well: We're lying if we don't acknowledge that men crave and require a physical relationship. Sex, intimacy, and a physical connection will always be important to him. He also understands though that an emotional connection is important. You need to be able to talk to each other and connect on a whole different level. Not only does he acknowledge that and work towards it, but he constantly makes it a focus as you move forward in your relationship.

- He understands what it means to make others feel important as he wants to have the same respect shown to him: He wants to feel important, be respected, and be loved—but he also understands that he needs to show the same sentiment towards you. If he wants to feel important then he needs to offer up the same thing. To get out of the relationship what he wants he needs to be willing to put in that same sort of effort. Not only does he see that but he does what he needs to do to make you feel that same priority in his life that he is in yours.



Conclusion—A Whole New You Moving Forward

It doesn't matter where you are currently at in your love life. You could be looking for love and trying to learn from past mistakes, in a relationship that you are trying to evaluate for a potential future, or trying to breathe new life into your stagnate relationship. The point is that you want to be that woman that he simply can't resist!

It doesn't matter how old you are, how much experience you have, what your past looks like, or what phase of your life you are at. In the end it's about being that woman that he can't turn away, being the woman that he has always dreamed of having as his own. You CAN be that woman and you WILL win him over—it's never too late!

Sure we've all made mistakes in the past, but it's all about learning from them. Therefore this is about a whole new you moving forward so that you can enjoy the love life you always dreamed of. It's time to put aside the negative sentiments, to stop needing him so much and being so dependent, and to be a woman that feels good, looks good, and can't help but capture the attention of the man that she wants.

Ultimately it's about being feminine and embracing that. Figuring out which physical traits are your best and then feeling good about flaunting them in a tasteful way. It's about having energy in every sense of the word—confidence, positive attitude, and a sort of zest for life that can't be ignored.

This is about being happy, being happy with who you are and feeling confident. Putting that happy positive aura out to the world around you and knowing that this will draw him in. It's about having fun, with him and with life in general. He will see this playfulness and really appreciate it and want to learn more about you.

Have an appreciation for the person that you are, but also an appreciation for him. Show him that you respect him, that you feel he's important, and that though you maintain a healthy sense of independence, you do need him and support him.

Flirt with him, have fun with him, and make the physical and the emotional connections always a priority in your relationship at every stage. Be yourself, be genuine, and think about what makes you truly special. All of this at play makes you a woman that can't be ignored and that he will find truly irresistible.

Good luck in your journey to true love and to making yourself and your relationship everything that it can be and full of all good things!