



UNLOCK HIS HEART

Shortcut to his love

NADINE PIAT



HEALTHY YOU
HEALTHY
LOVE

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Nadine is a certified Professional Personal Coach and Behavioral Change Coach and she shares her knowledge, learning's, tips and advice as guidance and entertainment only. We encourage you to make informed decisions in your life and to seek professional support as necessary.

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FOREWORD

From the onset of creating “Unlock His Heart” I was determined to debunk the love myths that make love confusing.

I set out to provide a one-stop-shop that would allow women to not only understand men, to also connect with men in a way that makes love and intimacy possible and easier.

Unlock His Heart is the ultimate key to love and this program is like a map or a manual to understanding men...

Relationships may seem complex and that they are, *that is* until you know the secrets that give you free access to the kind of relationship you desire. A “key” gives you access to areas that are otherwise inaccessible and blocked. A key also moves you from A to B without too much stress or without spending too much time (if any) on a path that’s not going to help you arrive at your desired destination...

...In this case the destination is LOVE - heart-connected love and deep commitment!

I have spent many years coaching men, women and couples and I have successfully helped both sexes to find love, improve relationships, deal with insecurities, communicate, overcome challenges and face their sometimes similar and also vastly different fears and blocks.

What you’ll be delighted to hear is that as much as men and women are different we are remarkably similar in many ways. Once you understand a man’s heart, mind and body you’ll then be able to experience delicious love.

This program is about understanding men on a deeper level and getting to know what makes a man tick and what doesn’t.

I will be taking the guesswork out of dating and relationships and providing you with a *go to* product that you can refer back to and use at any time in your love and life journey.

Who said love is hard or confusing?

NOT ME!



I strongly believe that with the right set of LOVE TOOLS - intimate and healthy love is relatively effortless.

Some of you may know me by my first program called Never Lose Him... Unlock His Heart is an extension to Never Lose Him as well as a stand-alone product. They support each other and offer complimentary and unique information that will support you in your quest for intimate, committed and healthy love.

I have broken Unlock His Heart into sections and I have provided you with clear guidelines to follow that will take the guesswork out and move you towards *real* love - a deep commitment and an emotional heart connection with the man you desire.

Your friend and Love Coach,

Nadine x



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THE HEART OF HEARTS

Self-Love, Personal Challenges & The Apple-Pie Process

The sweetest, most fulfilling love can only arrive through one very powerful and largely underestimated pathway and that is via the HEART path!

Heart connection is the kind of bond that never breaks. No amount of time, distance or indifference can deteriorate this special and often rare bond. In fact, in most cases - distance, time and indifference actually deepens the bond of a heart and soul union.

Unfortunately the reason why many suffer in the hands of love, is this **heart-path** is all too often neglected or at best, largely overlooked!

The truth is, many people who desire a heart connection with another are not too good at having a heart connection with themselves. This may sound glum, so please bare with me a moment...

Firstly, this statement may not be true for you, although it's highly likely that there is some truth in this. We're all different and we've all had different life experiences - some experiences have made us tougher, some have made us softer, some have confused us or left us feeling hurt and fearful of what we deeply desire, and other times we're not even aware of how our past experiences have influenced our relationships and life in general.

Regardless of your unique situation and regardless of how far you have or haven't come in your love journey, the fact still remains, the key to *unlock his heart* is to unlock yours first! We all do things to self-protect and sometimes our protection tactics or responses create barriers to love.

Every lock has it's key and every door has it's handle - sometimes love seems more complicated than it needs to be, but worry no more, I am here to give you the keys to lasting love, passion and intimacy, and this is why the key to *your love* is of great importance. In fact, this is the easiest and the most effective path to heart melting, heart opening and heart fluttering intimacy.

So... most men want love just as much as you do. What you may not realise is that women are really good at locking **themselves** out of love. That's right... I said, they lock themselves out of love!



I know, I know.... it seems crazy! Granted, I am making a big call! Particularly so, if you've been strategizing for weeks, months or even years on how to find love or keep your man interested and wanting you!

Too often it seems easier to settle, give up or to blame the men of the world - and yes, some men are jerks and are not the type of person you should be giving your heart and love to. Yet, there are great men in the world with great women, and there are also lots of wonderful single men and wonderful single women looking for **great love**, and there is no good reason why you cannot meet your love-match too.

Furthermore, there are plenty of women who are married or date men that are not *healthy relationship* material. Quiet simply, these women are not receiving the love they want because they're not treating themselves with love and are not living from their hearts.

And yes...

We're all doing the best we can at any given time. We all do what we do for a reason. You cannot change the past or turn back time, although you can do the following:

- You CAN lovingly accept where you are today
- You CAN let go of the past and forgive others and yourself
- You CAN modify how you approach love to create MORE love...
- YOU CAN experience love like you never have before

... and you can do all of these things at any time!

Right now!

The most important aspect to lasting love is it's imperative that you feel safe with your own heart, feelings and emotions, and that you connect with your own fears in order to love another fearlessly.

When you don't know yourself and have **respect** for **all** that **you** are, you'll find it difficult to "respect" and love another.

To understand this further I am going to teach you a little process that will put this all into perspective...



APPLE PIE TECHNIQUE

The 'APPLE PIE' Technique will assist you to build a heart connection with the man you want and help you to find and keep love the kind of love that will satisfy you.

When you think about YOU, do you feel warm, delicious and sweet like 'Apple Pie'?

When you wake up in the morning, get ready for work, go to work, hang out with friends and family, etc... do you have a lovely feeling of inner solidity, strength and warmth?

Imagine you're baking an apple pie, you know the ingredients you need, though sometimes we accidentally add in the wrong ingredients. For example - instead of adding in half a cup of sugar you may unknowingly add in some SALT, instead of cinnamon you add in some cayenne pepper... these ingredients are not "bad", although they do not create a yummy apple pie!

Now for a moment forget about what you **present** to the world. We can all **pretend** to be; confident, happy, sweet, interested, honest, giving, etc. What I want to know is; what's really going on in *your oven*? What are you REALLY baking?

I'm not in the business of pretence! I'm in the business of authenticity and love and when you're shooting for love you've got to know what's in your 'apple-pie'.

So... what I mean is...

Are you connected to your inner goodness?

Are you a woman of great substance and a kind heart?

Are you honest with your feelings, needs, wants, and values?

Are you aware of how you speak to yourself, see yourself and treat yourself?

So many women (and men) have this crazy fantasy that when they meet the guy or girl of their dreams, then life will be perfect.

If you go into a relationship not liking yourself, not happy with your life, then why on earth do you think some guy will be able to make you feel better? In addition, time and again people who **do not** like themselves do not choose great partners, or they lose great men because the "SALT" or cayenne "PEPPER" got in the way.



This is not to say that you need to be an infallible human being or a 'Stepford Wife'. Imperfection is okay. Having real feelings, being assertive and expressing insecurities and vulnerabilities are aspects of healthy dating and necessary for a flourishing relationship, and when done authentically and mindfully, these traits are highly valued by a man...

BUT you cannot do these things *WELL* without a strong heart-connection with yourself.

Sure, the best relationships are healing, nurturing and can change us for the better, though dating or going into a relationship with this desired outcome can be big problem. Looking for someone to "fix" you or make your life better is all about expectation and neediness. What a huge responsibility to place in the hands of another! This can feel like a huge burden for the person you are dating or in a relationship with. A relationship riddled with a long list of expectations is an exhausting relationship and what tends to happen is:

Typically a man will do exactly what you don't want them to do, they will pull away, appear disinterested, or disappear. Sure, initially a man may feel needed and of service, though over time the pressure of expectation will wear thin and he will start to withdraw.

A relationship should be an addition to your already fulfilled life; a relationship should **never** ever BE YOUR LIFE!

I have dated many different types of men and the men that were depressive, insecure, not over their past issues and emotionally conflicted were not great partners... they had too much **salt** and **pepper** in their pie, and I certainly didn't want to be responsible for their happiness. I wanted to add something to that person's life and them to mine, NOT BE that person's life, or not be that person's distraction from their reality, from their doom and gloom.

*** When I first created the Apple-Pie Technique I remember thinking it sounded ridiculous. I questioned it and wondered who on earth was going to relate to something with the words 'Apple-Pie' in it?

But I knew it worked, so after first using in with my clients Paul and Lauren (which I will expand upon in the next few chapters), I decided to test it with a couple of other clients who were having trouble relating and communicating with men:



One client was married and the other was dating, and both ladies had something in common; when they felt insecure or upset with a man they would both come across as somewhat brittle and unapproachable. One of the ladies tended to be more needy and aggressive in her approach, whereas the other became reserved and withdrawn when feeling under pressure.

I suggested that when they next had an awkward moment with a man (husband or on a date) that they imagined they were an 'apple-pie'...

I asked them to visualise and imagine being this warm, delicious, heavenly, perfectly flavoured, beautiful smelling APPLE-PIE. Also, when you eat an apple-pie a really yummy one, you feel really good, satisfied, safe, nurtured, at peace and comfortable. You are in your heart. You are open and kind. You are calm and clear.

*This is the whole point about the 'Apple-Pie' - it allows you to engage your heart and consequently a heart connection with another person - when you want to connect with a man - a man wants to feel the beauty of a woman's 'apple-pie'. **The energy of love, warmth, vulnerability and the HEART.***

It doesn't matter what you want to discuss or address in the relationship. If you approach your life and relating with others like apple-pie, you will be able to connect with them more easily....

Two things will be sure to happen:

- 1. MEN will feel at ease with you (husbands, boyfriends, your date, even family, friends and colleagues)***
- 2. YOU will feel at ease YOU***

***** It's a WIN WIN! *****

So, I asked you earlier... What do you have baking in your oven?

How do you live your everyday life?

Are you an Apple-Pie or something else?

Are you; loving, open-hearted, confident and fearless?

Or are you characteristically; self-doubting, nervous, insecure, intense and demanding? What do you bring to the table?



Women often wonder...

...Why won't this man love me the way I want to be loved, why doesn't he treat me the way I deserve to be treated, why won't he commit to me or marry me?

Men want to feel comfortable. They want to feel the Apple-Pie in you! They want to experience that lovely combination of Apple, Cinnamon, Sugar, Butter and Crispy Pastry.

An Apple-Pie is something that puts a smile on your face. It warms the soul. It feels safe and nurturing.

The reason why a relationship is struggling or you're having dating troubles is by no means one sided. Each of us plays a part in the way our life and relationships unfold. This is not about trying to find fault in you or anyone else - this is about learning, expanding and finding new ways to do things to create different outcomes.

When we take responsibility for our life we're able to change our life, including our relationship/s.

Self-love, confidence, self-esteem and self-worth are all interrelated, as is the ego. The biggest challenge for most people in love is:

- a) They do not have the skills needed for heart connected love, and/or
- b) Their lack of worth is wreaking havoc in their love life

Many women don't realise how simple love is with another when they appreciate, accept and value themselves.

Self-love to most people is an understood CONCEPT...

Most people "get it" on a superficial level and may even believe they love themselves. The truth is most people lack consistency with self-love. They may not hate themselves, yet they may not like themselves in a complete sense.

Once you have deep **to the core** self-love you will know that you can still feel good about yourself even when you're going through a tough time, such as:

- o Going through a breakup
- o You did something you wish you didn't do
- o Your partner is emotionally distant,



- o Someone has passed away or something tragic has happened

Life happens and life does challenge us...

We all go through times when we feel sad, angry, rejected, cheated, mistreated, disregarded, disillusioned and so on. And believe it or not, during such times if you truly wholeheartedly love you then you can still feel good about yourself and at peace!

You may not feel on top of the world at all times, that's unrealistic, although you can still be solid within yourself - the trick is to cultivate an unwavering and withstanding heart connection with you.

You might be wondering...

How can I tell if I'm lacking self-love or if I'm disconnected from my self-worth?

How can I find out if I have too much **salt** or **pepper** in my PIE?

If you suffer from any of the following then something within you is being neglected or not cared for *enough* - there will certainly be a disconnect, and you will not be loving aspects of yourself and your life...

It could be something in your past, present and/or even your future (fearful of what may or may not happen).

There are plenty of other behaviors and challenges I could add, although I hope you get the idea from these:

Non Self-Loving Behaviors:

(The unwanted "Salt & Pepper" in your Apple-Pie)

Self-doubting	Anxiety/Depression/Stress	Jealousy
Nagging/complaining (a lot)	Negative self talk	Excessive anger/yelling
Judging others	Lack of Boundaries/Not speaking up	Overly controlling
Stay in unhealthy relationships	Think/say lots of unkind things about others	Alcohol/drugs/binge drinking



Fear of getting hurt	Spend time with people who drain you	Don't go for what you want in life
Lying/manipulating	You are verbally or physically abusive	Allow people to treat you poorly/abuse
Eat food you know makes you feel terrible	Anorexia/bulimia	Obesity
Over exercise	Obsessive compulsive disorders	Excessive porn
Biting Your Nails	Picking Your Skin	Smoking

We all have the ability to *override* what we know would be healthier/better/more effective for us. Some people would call it "sabotage"...

I don't believe we sabotage ourselves, this is a term that is used a lot and loosely - no one sets out to sabotage the "good" from coming into our lives. What does happen is that other things take over and are **prioritized**. I write a lot about this in my Never Lose Him program... so I don't want to double up here, although it is what's called a payoff:

Everyone does what he or she does for a reason. Even if they wish they would not do it, they still do it because it gives them a wanted payoff - **they get something** from the behavior that **serves** them in some way - conscious or not, healthy or not!

The reason why most people do not make real change is because it can be uncomfortable to change and most of the time people are largely unconscious and are running on autopilot.

A lot of people fear change and this very fear keeps them in more pain and more heart disconnect.

Too many people stay in unhealthy relationships. Even when deep down they know that the relationship is unlikely to change they remain miserable and in hope!

Some people blame their ex or current partner for not treating them how they want to be treated, yet deep down they know they allow or allowed it!!!

We all have the ability to pretend and lie to ourselves about many things...



We are lying to ourselves when we do the following:

1. **Unkept Promises** – You say you are going to do something and you don't.

Something as simple as saying:

- I'm no longer going to drink coffee and day after day you're still drinking it.
- I'm not going to text him again, and then you do.
- I'm going to stop nagging partner, yet you still do.
- I'm going to go to the gym tomorrow and the day doesn't come.
- You promise a friend/partner you will help them with something, yet you don't deliver.

Start being honest. i.e.

- Give up coffee, or admit that you like it and continue to drink it.
- If you don't have time to help your friend/partner then don't say you will.
- Don't tell you're partner that you promise to stop nagging him, yet within 24 hours you're back at it again.

2. **Pretending** – Pretending you don't have issues when deep down you know you do is you being dishonest with you - i.e.

You know you're a drinker and despite your best efforts you don't seem to be able to stop drinking once you start. Yet, you pretend that you're managing it!

Or...

You know you can be offensive when you're upset and even though you know that you're not very nice, you pretend that it's the other person's entire fault, or you tell them they're worse than you.

If this hits a nerve for you then I suggest you stop the games and face your insecurity around being vulnerable and heal the hurt and pain. Nurture you and *clean it up*.

You'll feel MUCH better and your relationships will dramatically improve.

3. **Blaming others** – This point is an extension of the above point.



Some people are really good at blaming everyone around them and not taking responsibility for themselves.

No one can make you do something.

Even if someone has done something that hurt your feelings - you allow this experience to affect you, you can rise above this stuff and live the life you want to live.

Stop pointing the finger. Focus on being honest with your heart.

4. **Direct Lying.** - Lying to others means you're not comfortable being honest and real.

Everyone lies occasionally - the question is why?

If you're tired and don't want to go out with a friend or on a date, some people would make up a story to get out of it, as opposed to being honest and saying -

"I am sorry to cancel, I'm feeling exhausted, do you mind if we catch up tomorrow or next week when I have more energy? "

Or you've been on a couple of dates with a guy and you're not interested, instead of ignoring him or misleading him you can be clear -

"I think you're lovely, although I'm not wanting to take this any further. I wish all you the best in finding someone".

You can be honest and still be diplomatic, graceful and kind. Learn to speak with honesty, integrity and from the heart.

How can you connect with your heart, your 'Apple-Pie'?

It begins by being raw and real with you and having the courage to look deeper.

Taking the time to look at your fears and the unhelpful stories that are holding you back will allow you to heart connect.

Most people think that something about them is not good enough or deserving of real love.

How can you be self-loving and heart connected when you don't think that you're "enough"?



If you're needy and obsessive, or if you're shy and don't put yourself "out there", then you're doing it for a reason and that reason is typically lack of self-belief and worth.

If you want to connect with the man in your life or if you're single, dating and looking for love then start believing in you...

It doesn't matter how:

- Tall or short you are, how pretty or plain
- How rich or poor
- How slim or full figured you are...

You are still worthy of great love! **Great love *comes from great love.***

Great love happens when we love ourselves for our weaknesses and strengths, our so-called imperfections and our perfections, our skills or lack of skill.

When we love ourselves we are open to growing and improving ourselves, we're also "complete" and okay with who we are today and everyday. This also allows you to be warm, understanding and openhearted with men.

Have a think about this:

If you're 40 pounds over weight and wanting to lose it, I can assure you the best way to lose it is to start loving yourself for who you are today, not waiting to love yourself once you lose weight or once someone else loves you.

If you love you, YOU WILL change the way you eat and treat your body.

You will listen to your body and feed it what it **actually needs** not what it thinks it wants or needs.

And when you start loving you you'll no longer want the foods that make you feel yuck. You will no longer turn to ice-cream, jelly lollies or crisps to fill a void, there will be no void to fill, or you will realize that the way the fill a void is to look deeper and find the source of the pain...

The source is always your beliefs. What you focus on expands so make sure you're focusing on love not fear or scarcity.



Focus on pleasure and abundance.

What does it mean to live in pleasure versus living in pain?

If you want to experience an intimate loving relationship then it's imperative that you start living in pleasure.

Throughout the following chapters I will be giving you a myriad of tips and tools you can use in almost any relationship situation.

The more pleasure centered you are the easier this will all be.

The Key to his Heart & Love:

1. Accepting You

A lot of people think along the lines of...

If only I was 10 pounds lighter, he'd then love me more.

If only I was taller or smarter then a man would commit to me.

If only I was sexier or had larger breasts....

How is that self-love? **No more SALT!**

You've got to accept your life today and who you are today, regardless of whatever else you want for your life. Even if you have goals you haven't reached yet. Enjoy the journey.

2. Identify Your Quirks

Recognize the parts of you or your life that you're not happy with or you know needs some attention.

Are you; Judgmental, bitchy, jealous or don't believe in yourself?

Get to the core of the issue and commit to changing the things that you know are unhealthy and unhelpful in love. Some of us have cute quirks that work for us, sometimes we have quirks that hinder heart connected love.

3. Head to Heart

Too many of us live in our heads. We're not present and living in the now.



When you're with a man and you're in your head, he'll not be able to feel you. You'll not be able to feel him.

I suggest you practice slowing down your head noise and focus on expanding the heart space. One easy way is regularly throughout the day place both of your feet on the ground, place your hand on your heart, smile and breath into the heart space and think loving, warm thoughts. Do this multiple times per day.

4. Know Your Worth

Your "worth" is what determines; who you date, how you date and what kind of relationship you have.

Of course the person you are with also contributes to the quality of your relationship - that said, you are the person who's responsible for your life, your happiness and the love in your life.

Your self-worth greatly determines what you will or won't tolerate, how you react and perceive the things that happen in your relationship and in your life.

If you want kind and intimate love, then start connecting with your worth. When you know that you're worthy of love and of having a good life (regardless of what's happened in the past or how anyone else has treated you), you can then have a heart-connected relationship with another.

5. Aching Heart

Heal your past and live with love.

When you feel heart broken it's difficult to heart connect with your man or even date from the heart.

This feeling of heartbreak may have taken place many years ago or it might be fresh... it's never too late or too soon to heal.

If you're in a relationship and things aren't going too well, then the best way to improve the situation is to spend some time healing and getting clarity over your feelings and emotions - this will assist you to communicate what's really matters and will allow you to achieve a favorable resolution.

6. Feel Safe

This might seem strange, but do you feel safe with you?

This is about YOUR Apple-Pie...



Do you feel warm and kind with YOU? Are you able to self-soothe and love you? Are you connected to; the apple, the butter, the cinnamon, the pastry?

- Are you able to have fun in your life without leading yourself down a path of self-destruction?
- Do you feel mostly stable, at peace and grounded from within?
- Do you know how to move through life's challenges in a way that is free of unnecessary drama or do find yourself taken by or swept up by your emotions (reactive)?

If you feel safe in your body, heart, mind and soul, then a man will also feel at peace and allow himself to be open with you. He will have the ultimate Apple-Pie experience with you. A heart-connection. A safe-connection.

There is not one way to be, we are all unique, and within your unique beauty I encourage you to find your safe place. The part of you that is raw, honest, kind and mindful.

Connect with the **woman** in you, **not the child**. We can all revert to child when under pressure or when feeling insecure.

Can you be a heart-centred graceful woman when life gets tough or when you're dealing with dating or relationship challenges?

Once you love you, you will then be able to love another, once you know how your heart works, you'll be able to know his heart.

A heart connection is so much easier when we approach it from the right end of heart connection. Meaning it begins with YOU, NOT HIM. That's the trick, that's the magic, that's what I know you can master...

... Once you do you're going to have more men chasing you and wanting you than you can poke a stick at! And for those in a relationship - not only will he start seeing you, he will be feeling you with his heart. You will *know* him and he will know you.

A heart-centred woman is irresistible! Find that beautiful place within you!



MIND-SEX

Pavlov's Dog & The Fear-Clash

Wouldn't it be amazing to be able to flip a switch, or 'ring a bell'... and all of your fears, relationship challenges and doubts would just melt away? Poof... gone, disappeared!?

That's right! Disappeared!

Instead of experiencing confusion, miscommunication and lack of affection and attention with men (or your man), you'd find yourself showered with the kind of love and adoration you most desire and deserve.

And let's not forget one the most powerful elements of an intimate relationship... GREAT SEX! Mind-blowing Sex! I don't know of one woman or man who doesn't want to experience mind-blowing physical intimacy.

In an upcoming chapter I'll explore sex in a more direct fashion, and even though I make references to sex in this chapter, the way to experience "mind-blowing sex" is less about sex and more about the relationship a person has between their mind and heart...

Now I want to give you a heads up... this is a detailed chapter and it's detailed for good reason...

When you fully grasp the **sexiness and power** of the mind and how this relates to unlocking a man's heart, you will know how to overcome any dating and relationship challenge you have. This is why this chapter and the previous chapter are so important in your quest for commitment and heart-connected love.

If you ever wished you had a *magic wand* that you could flick and all of your dreams would just materialise right before your eyes... well, the good news is...

This chapter is *your wand... well it's more like a BELL...*

You see... **there is indeed something** that has the power to dissolve men's fears and open their hearts....



You may have heard me speak about the '**Bell Method**' or the '**German Shepherd Method**', and how it can transform your love and intimate life. This is the ultimate passion and commitment technique and in a moment I'm going to share it with you.

I promise you that you're really going to love this, as this is *the technique* that my client Lauren used with Paul, the couple from my free Unlock His heart video presentation, to overcome their emotional and physical barriers to heart-connected love.

Every relationship is different, no two people are alike, which means there's *not* just one way to solve your relationship or dating challenges, BUT every relationship needs a couple of key elements to not only survive, but also thrive! A relationship slowly withers away when it's not fed properly. Similar to a plant, *love* needs regular attention and the **right kind** of attention to flourish.

Now... for those of you who are single and looking for your special someone then the same theory applies - the minute you start engaging with a man is the moment you either condition him to; **move closer to you** or **move away from you** (figuratively and literally speaking).

If you're feeling tired and disillusioned about love and you're not sure what to do then there is something you've overlooked....

... there is a **key element missing** in the love-toolkit.

You may even feel you've pretty much tried everything, yet you still find yourself floating in relationship *no-man's-land*?

Of course, a large part of this has to do with your heart, which I went into in chapter one, although there is more to it...

What's important to understand is **men and women are really good at ringing each other's "bell"**. Sometimes we ring the "right bell" and the man moves closer to us, other times we ring the "wrong bell" which has him moving away.

For example:

- Instead of ringing Bell no. 5, the 'House of Understanding'... we can ring Bell no. 7... the 'House of Blame'
- Instead of ringing Bell no. 3, the 'House of Appreciation'... we ring Bell no. 8... the 'House of Nagging'...



When you ring the “wrong bell” you do not motivate the person on the other side of the door to turn the key and open the door. Instead they lock you out and block you from the very thing you yearn for.

If you want to ignite **desire and commitment** in a man then you’ve got to ring the “right bell” and in the “right way”...

So how do you do that?

Firstly, you need to understand how Pavlov’s Dog Theory relates to you and the man you desire...

Like many great scientific advances, Pavlovian conditioning (also known as; classical conditioning) was discovered accidentally.

During the 1890s Russian physiologist Ivan Pavlov was looking at salivation in dogs in response to being fed, when he noticed that his dogs would begin to salivate whenever he entered the room, even when he was *not* bringing them food. At first this was something of a nuisance (and rather messy!), but Pavlov noticed, that they would also drool when hearing the distant opening of the tin, or when they saw the white lab coats of the people who fed them. *They didn’t need to see, let alone taste the food, in order to react physically.*

Yes, the dogs naturally drooled when fed: that was, in Pavlov’s terms, an “unconditional” reflex. When they drooled in response to a sight or sound that was associated with food by mere chance, a “conditional reflex” (to a “conditional stimulus”) had been created.

Pavlov began using a **bell** to test his theory and noticed that when he rang the bell, the dogs indeed responded by salivating. This finding allowed Pavlov to formulate a basic psychological principle – one that also applied to human beings.

So what does this mean for you?

This means that we condition people to respond to us in very specific ways. As I mentioned earlier, you have to be conscious in how you relate, respond and communicate with a man if you want his “conditioned reflex” to be that of a man who whole-heartedly desires you.

When he can see you calling or texting him, when he hears your voice or sees you walking into a room, when he thinks about you or smells your perfume, what kind of feelings surface for him?



Does he start salivating and drooling or does his mouth go dry?

Does his heart start beating faster in a healthy way (excited) or in an unhealthy way (stress/anxiety)?

If you're dating someone new right now, or maybe you're in a long-term relationship, when your man thinks about you, what feelings does he **associate** with his experience with you?

1. Does he feel needed?
2. Does he feel respected?
3. Does he feel loved and accepted?
4. Does he think of fun times together?
5. Does he think of passion and love?
6. Does he think of warm snuggles and appreciation?
7. Does he feel that you're a fair and reasonable woman?
8. Does he feel safe to express himself with you?

OR

9. Does he feel like he's not enough for you in some way?
10. Does he feel as though you're in some way unhappy with him most of the time?
11. Does he feel like he's always doing something wrong?
12. Does he feel that you play games with his feelings?
13. Does he feel like you want him more than he wants from you?
14. Does he feel that you're asking more from him than he's currently able to give?
15. Does he feel that you're unreasonable?
16. Does he feel pressure to be someone he's not?



Take a moment and think about the interaction you have with your man (or the man you want) - does he categorizes his experience with you between points 1 to 8, or more so between points 9 to 18?

If we relate back to Paul and Lauren - even though their relationship started off relatively well, over time their relationship had broken down, as a result when Paul would think of Lauren this would create feelings of discomfort and pain - he felt that she was never happy with him and that he can't make her happy, she rarely listened to him, he didn't feel like he could give her what she wanted, and he felt she wanted him to be someone he's not.

Whether these things feelings were accurate or not, this is what he was feeling based on the most consistent and dominant conditioning. Meaning, Lauren did not nag or put him down all the time, though it was her most dominant behaviour, and therefore created Paul's 'conditioned reflex' to see her as threat, which linked to pain and suffering.

BOTTOM LINE - Paul did not feel **needed** and **respected** in the **specific** ways that he needed to be emotionally open to Lauren, which ended all **desire** and attraction towards her.

Here is a little formula to help with this:

(Needed + Respect) x Specific Ways = Desire

It's not that Lauren needs to pretend to be someone she's not, she must recognise that she has created a 'conditioned response'.

Again, Paul responded to her in the way that he did based on the most dominant style of interaction they had, she had been conditioning him to pull away and she didn't realize she was doing it. Her ego and pride, her fear of vulnerability, and her need to be right, were blocking love.

This meant that for Lauren to break the cycle she had to show Paul that she **needed him** and **respected him**, and that she wanted to **understand him** rather be right. When she made some changes **consistently**, she was able **turn up his dial of desire for her**.

It you're newly dating someone then you've got to be mindful in the way you present yourself to him. That said, it works both ways - if I was coaching a male client on this topic I would tell him the same thing. You see, your energy and the way you respond and relate to a man is imperative, because even from the very first time you



speak, even before you meet (i.e. you've met online, etc.), you have already begun the early stages of conditioning.

For example - If you're needy from the very beginning then this is the association he will have with his experience with you. Whether he's conscious of it or not, this will be taking place. If you seem demanding or that you have high expectations of him, he will feel this and he will either associate this experience with **pleasure** or **pain**.

Unless he is a glutton for punishment, perhaps a masochist or even a sadist, or has no understanding of his worth and value, a healthy-minded man who's ready to love and be loved will gravitate to feelings of pleasure and joy, so that's what you want to do, you want to tap into his pleasure.

You can do this by reconditioning him to recognise you as being an 'APPLE-PIE' woman...

When you are heart-connected, you are able to move mountains, and no matter what the issue is, no matter what's going on in your relationship, he will want to be open to you and work *with* you. Even if he's resistant at times, he will still know that he's safe with you and can open his heart to you.

So how can you bring a man closer, and how can you spark his deepest desires and create a bonfire of passion?

Well for starters, you've got to stop conditioning your man to move away from you...

The typical ways we teach a man to move away from us is by doing the following things. These "gremlins" will come out in the way you communicate with a man, either verbally or nonverbally.

- Insecurity/ lack of self-belief
- Frustration, Anger
- Confusion
- Neediness, Smothering, Validation
- Demanding Attention, Affection & Compliments
- Blaming, Shaming, Wronging
- Jealousy



Every time you “run” any of the above, you’re not ringing the type of bell that unlocks a man’s heart...

You’re pushing the panic alarm... it’s a **warning** bell, not a **welcome** bell!

Essentially, you’re pressing the fear bell!

When a man pulls away, or a man gets scared of intimacy or whatever it is, he is getting put-off by something...

Perhaps something is going on for him internally, which may have nothing to do with you, and perhaps your actions are triggering a certain fear within him.

The issue is.... when men pull away, 90% of the time women are also getting emotionally triggered. When a man starts giving you less attention and affection it can trigger doubt and insecurity and any of the other above listed points.

So what do I mean by “triggering”?

Anyone can be triggered and often times it’s subconscious, sometimes it’s not.

What tends to happen is:

A situation takes place that reminds you of something from your past and instead of dealing with the current situation on face value or in it’s pure and naked form. The situation seems worse than it actually is. What should be viewed as a separate and unique event, becomes distorted and entangled. The experience becomes linked to past hurts and trauma, resulting in hypersensitivity. Typically, something that most would deem as a minor incident, becomes a much more cumbersome issue.

For example:

I remember when I first started dating my partner we were having a chat about some business decisions I needed to make. He too was a business owner and quite successful at what he does. When he was explaining his perspective to me I noticed that the tone of his voice irked me....

I started feeling agitated and instead of listening I began to shut down. He noticed I was getting annoyed and he felt that I didn’t value what he was sharing with me, and understandably it caused a touch of friction between us.



The second time it happened it dawned on me that it wasn't so much what he was saying - the way he was talking to me reminded me of the way my father spoke about similar things...

My Dad was quite an academic man and when I was little I'd get scared by the way he'd try and teach me things... so this situation TRIGGERED a childhood experience, instead of listening I wanted to run away and hide. Once I recognized what was happening I was able to move beyond it and take on board my partner's knowledge and perspective.

As you can see, triggers can happen quite easily. They're often subconscious and run under the radar.

So now that you have an understanding that our fears can be "triggered" and what this means, it's time to talk about my next important point....

If you would like to know how to ring a man's bell and in all the right ways, then you've got to understand what I call the '**Fear-Clash**' which relates to Mind-Sex, the title of this chapter....

In the previous chapter I spoke about:

- a) Understanding your heart
- b) Connecting with your heart
- c) Engaging with men from the heart
- d) Self-love... etc.

The **Fear-Clash** is an extension to that and will help you access to the kind of love and relationship you've been dreaming about.

I can ASSURE YOU, once you eradicate your fears, you'll ignite the magnetic power of Mind-Sex. The Fear-Clash will allow you to "CLEAR HISTORY" by allowing you to make peace with the past so that you can find more pleasure in the present, and ignite his pleasure.

Also, when you understand the Fear-Clash, you'll not only understand love and intimacy, you'll understand yourself like never before!

Forget turning yourself inside out trying to work out what to do...you'll know what to do.



The truth is...

Men have fears... women have fears... and FEAR BLOCKS LOVE!

What makes fear even more tricky, is at times we fear the very thing we deeply want! We get scared and when we get scared we typically do the OPPOSITE to what we really need to do to attract love and/or keep the love alive.

So What's The Fear-Clash?

The Fear-Clash relates to all of the little or big fears we have running that stand in the way of love (these fears also influence how we relate to men, which invariably links to 'conditioning' men as per The German Shepherd/Bell Method).

Of course, there are times when fear serves us well - all people have an instinctual response to potential danger, which is in fact important to the survival of all species and this kind of fear can keep you safe.

The type of fear I'm referring to is the fear we have running that is not helpful...

The kind of fears we make up in our minds that are not based on actual real data or a real threat.

Science reveals that 99% of the time these kinds of fears do not transpire. In fact, fears based on stories you create in your mind typically do not keep you out of harms way, they tend to create more harm than good.

- Fear can stop you from living the life you want to live.
- Fear can have you reacting in ways that move you away from not only your own heart but also the heart of a man.
- Fear can drive some people to pull away or push people away.
- Fear can drive you to become controlling, overbearing, angry, or passive aggressive.
- Fear can spur us to play emotional games and to try and get what we want through various forms of manipulation.

The way you respond to your fears relates to what is called the fight or flight response, although there is one more response that is not typically referred to and that is to freeze - to do nothing!



When you recognise danger or you perceive you're in some way under threat you'll either:

Confront, react, blame, shame, show anger	= Fight
Hold, do nothing, block, stonewall	= Freeze
Flee, run, hide, escape	= Flight

Think about someone who doesn't like spiders...

... they may **fight** and confront it by killing it

... another may **freeze** and become paralyzed, hoping that will just go away

... another person may go into **flight** and run as far as they can from it

What do you typically do in relationship?

Blame, shame, play games, block him, pretend, self-doubt, chase, nag, pull away, avoid ...?

Here's an example of the fear-clashing taking place within a relationship:

The Scenario:

Susan has been seeing Mark for about 12 months and lately he's been working a lot more than usual.

Mark has a time consuming project on at work and Susan is feeling neglected.

She doesn't feel that Mark's prioritising her and even though his workload will only last another 6 weeks, she's feeling uneasy....

They're still spending quality time together, just not as much as they were and not as much as Susan would like.

This situation is triggering some of Susan's fears... Susan has a history of dating men who seem to value their career more than her, and Mark's previous girlfriend was extremely and unreasonably demanding of his time.

Mark is a good partner and thoughtful and he can sense that Susan is not 100%



okay with his work commitments. He's consciously making an effort to appease her by texting her during the day, he calls her most days during lunch and also when he finishes work. On the weekends he's making sure that they do nice things together. BUT... he's still feeling as though he's falling short of her expectations. When he speaks with her he can feel that she's not happy, as though she's not getting enough of him. Her energy is heavy and she's on edge. It's starting to get to him, and he's feeling an inclination to pull away.

Susan wants to be with a man who makes her feel important and special and Mark wants to be with a woman who is understanding of the nature of his work and also appreciates the effort he puts into the relationship.

Fears are based on a person's unique beliefs and stories. Following are some possible stories and fears that Susan and Mark could be running...

Susan's Potential Fears:

- a) Susan fears Mark is losing interest in her.
- b) Mark's working life reminds Susan of when her father didn't make it to most of her birthday's and school performances. He was often away working and he wasn't very present in her life. So in her mind she perceives that Mark is just like her father.
- c) She believes that Mark is just like her ex boyfriend.
- d) Susan fears Mark might be cheating on her when she knows that he really is at the office working.
- e) All the above.

Marks Potential Fears:

- a) He fears that Susan will start demanding more than he can reasonably give, and he's starting to feel as though he's reliving his last relationship.
- b) Mark is fearful of feeling trapped. He's not seeing his friends. He's seeing Susan more than anyone else and it's still not enough for her.
- c) He's fearful of committing to someone who doesn't talk about things and expects him to read her mind.
- d) He's worried that he keeps attracting women who are needy and unreasonable



e) All the above.

Can you see that neither Susan nor Mark are dealing with their fears in a healthy way?

Susan is not addressing her fears, nor talking to Mark about how she's feeling. She acting hot and cold and largely unhappy and dissatisfied. Mark has tried to show her attention, it's not working. He's also not communicating, he's not talking to her about it, he's building resentment and starting to pull away.

Both are being Reactive vs Proactive. They're ringing each other's fear BELL, the alarm bell, not the love and understanding bell!

It's as clear as day here, that if they both addressed each other's unique fears and triggers then everything would be amended.

Except they're in a Fear-Clash battle...

They care for each other, they love each other, and instead of listening to their own hearts and also communicating with each other from the heart, they are playing games.

It's so silly! It doesn't have to be this way.

Their example is simple yet a common issue between couples or between people dating.

Let's have another look at Susan and Mark's possible fear responses:

Fear Response:	
Confront/Fight	<p>Susan</p> <p>Gets angry with him and tells him off, nag at him, become needy, actively try to get his attention, create drama and accuse him of doing wrong.</p> <p>Mark</p> <p>Tells Susan that's she's unreasonable, that what's she's doing is wrong. Tells her she's crazy and just like his ex.</p>
Hold/Freeze	Susan /Mark



	<p>They do nothing, build resentment, pretend that they're not bothered, are a bit distant or cool with each other. They're not directly confronting the issue and they're not fleeing, instead they're stewing. This can feel passive aggressive, nothing is necessarily being said; yet so much is being said by the act of detachment.</p>
Flee/Flight	<p>Susan /Mark</p> <p>They hide, detach themselves, run away, pull away. They don't communicate how they're feeling or when they communicate it's not revolved around working out a solution, someone is more focussed on getting themselves out of the situation.</p> <p>Either one may even end the relationship or threaten to leave. A person who flees tends to avoid going deeper emotionally to resolve the issue. It's too uncomfortable for them in some way. Maybe they don't want to look at themselves. Or, maybe they feel that the other person is always pointing the finger so they flee for safety, they don't feel heard, seen or respected. It's all too hard.</p>

Which one these three responses most relates to you?

You may wonder if one of these is better than the other? The problem with these three fear responses is they can all **lock you out of love**.

They're all unhelpful!

When a man is fearful his reactions normally trigger our very own fears and vice versa.

Typically we end up in a pile of relationship mess...

And this is the power of the BELL... when he pulls the panic alarm bell, you've got to do anything BUT pull your panic alarm bell too.

Imagine you're asleep in a building and in the middle of the night the fire alarm goes off. You wake up confused, you open the front door and see you neighbours exiting their apartments. Some are relaxed about it, others are in a frenzy, and a handful have grabbed their laptops, phones and money... they're fleeing the potential fire. They're getting out of harms way.



This is what happens in a relationship... people react to perceived danger.

Two panic alarms will NEVER create LOVE. The equation just doesn't add up...

Instead of meeting at the authentic and vulnerable heart.... both parties keep clanking heads.

Response	Outcome	Effectiveness
Panic + Panic	= Mayhem, Disconnection, Fear	Pointless, More Pain
Panic + Heart	= Progress, Potential to Change	Fantastic Start
Heart + Heart	= Increased Intimacy, Love, Passion & Desire Rebuilds	Love-Changer, Powerful Results

The fear cycle can be a painful cycle, although it's a cycle *you can change* that will allow heart-connection. The above table shows how you can change the outcome by changing your response.

Just one person needs to change their pattern/s to break the fear-clash cycle. This change will start moving the relationship into the Mind-Sex phase... into intimacy, into heart-connection, into lasting love and passion. That's what mind-sex is all about. There is nothing more attractive and seductive than someone who is able to connect with you from a loving and fearless place.

This cannot be bought!

No amount of sexy lingerie can spike a deep desire like this.

Not convinced? Think about this.....

Have you ever been in a relationship or dated a man who you felt so magnetically attracted to that you had to pinch yourself to know that it was real?

Then something happened...



... you're no longer on the same page, you feel worlds apart, and...

... no matter how sexy you look, what you say or how you say it, your guy is distant, giving you cold glances...

It feels like a hopeless situation!

You rack your brain trying to work out what you did or what happened? You try to strategize a way to bring him back, to re-engage his interest.

A fear-clash has normally already taken place.

So let's break down the Fear-Clash even further:

A Fear-Clash is the resulting outcome when two people have different, similar or the very same sets of fears that creates a love-block!

It's as though you're in a gridlock.

You're both fighting for the same thing, yet you're going about it in conflicting ways...

... so much so that it's taking you away from your common goal of love, and in it's place you find yourselves emotionally and/or physically disconnected.

This CLASHING creates unnecessary; hurt, confusion, sadness, anger, rejection, frustration, disconnect and loneliness, etc.

You've probably experienced this with a man - you desire each other yet something keeps getting in the way of your common and deepest desires.

If you want to access the heart of pretty much any man and dissolve not only his fears, but your fears too *then pay attention*.

Instead of clashing you'll be able to push the right **button** and find a safe place to be open, loving and vulnerable with each other.

Let's have a look at some of the common fears men experience.

1. Fear of losing their freedom
2. Fear of not being respected (if he doesn't feel respected he won't feel safe)
3. Fear of being shamed or hurt (therefore not feeling safe with you)



Most women really understand these fears in a logical sense yet don't 'get' what these fears mean in man-speak.

Sure, women also want freedom, to feel respected and to feel safe from hurt too, although this does not mean that a man and a woman experience these values in the same way.

Actually, most of us have our own version of what these values look like, more accurately, every value.

What love means to me may greatly differ to you...

My idea of healthy communication, freedom or adventure could be vastly different to your understanding:

For example:

- Some people believe that some yelling and screaming is good for a relationship. Another person might find this 100% unacceptable, scary and off-putting. It may trigger something in their childhood and push them away. It may go against their belief system.
- My idea of freedom in a relationship could mean, seeing my girlfriends for breakfast once a month, going out with a friend for dinner once in a while without my partner, going to yoga three times a week without my boyfriend/husband telling me I'm not spending enough time with them... whereas my partner's idea of freedom could be all day golf every weekend. Nights out with mates a couple of times a month.
- Your idea of adventure could be ocean swimming, heading to a new weekend market, exploring a new hiking track - while your man's idea of adventure could be skydiving or anything that involves high levels of risk and adrenaline being released into his body.

Don't assume you and he think the same, see the relationship or the things you value in the same light.

This is why knowing your fears... thoughts, beliefs, reactions, needs, wants and desires is very important.

Because most men are really good at suppressing their emotions they won't normally express what's going on for them and voila....

... a fear-clash emerges



That said, most men don't think that women are particularly good at expressing themselves clearly either. Women tend to hint, rather than clearly explain what she likes, doesn't like, what's upsetting her, etc., *I do talk more about this later in the program.*

For a man to heart-connect and express himself he has to feel...

... safe

... * needed

... * respected

... valued

... free

(You will notice that this list is not dissimilar to the previous equation, there are just a few extra requirements that I will go into more detail about soon.)*

If he doesn't feel these things he'll be in LOCK-DOWN!

He'll lock himself into a space that a woman cannot access, no matter how... pretty, funny, sexy, sweet and smart she is.

Once again...

When a woman understands her fears and her reactions to his fears she can then stand in a place of personal power. She'll be able to navigate the path to his love with great ease.

A women needs to be FEARLESS in facing her fears!

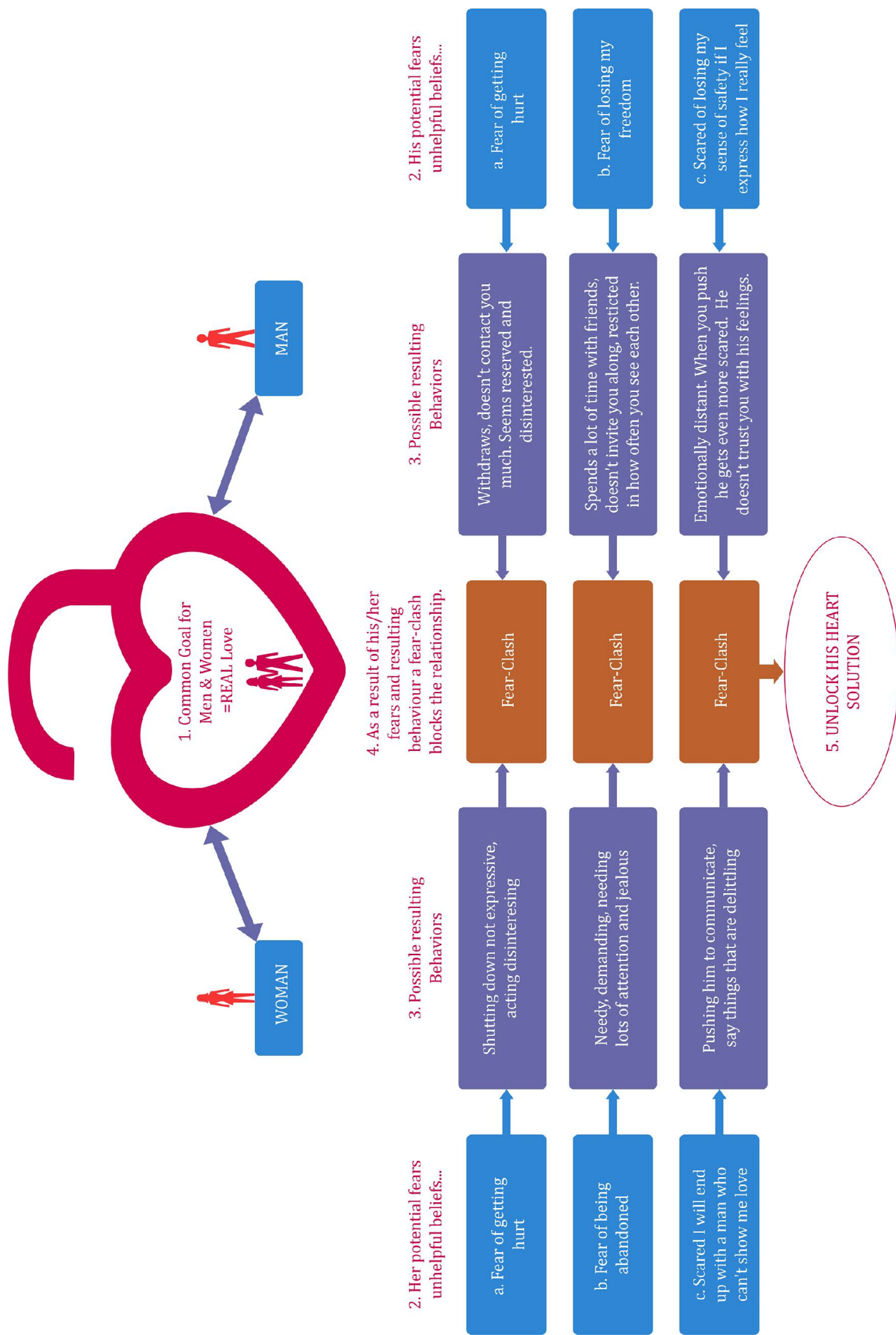
This means she needs to find the courage to open her eyes and heart enough to allow real self-reflection and honesty. Then a man will feel safe with her.

The blind cannot lead the blind to love.

If she does not understand herself then there is no clear path to healthy love.

On the following page I have created a diagram, which I hope will assist you to make more sense of the Fear-Clash.





= Face your and his fears from your heart WITH LOVE (not fear)

See the next page 'The Key To His Heart and Love' for the solution to heart connected love.



Diagram Explained:

1. Common Goal

You will see that at the top of the page the common goal is real love and this can relate to those dating or to those in a long-term relationship.

He wants love, she wants love!

They like/love each other and there is some attraction and chemistry and a desire to be together.

They were connecting and happy and then something happens to create a DISCONNECT...

2. His/Her Fears

Fears arrive as a result of a persons past experiences and interpretation of a current situation.

What tends to happen is:

- a) Someone does something that triggers fear and insecurity in the other, or
- b) The person has long standing fears that show up in most of their relationships

Instead of working together and growing as a team the man and woman go into an emotional battle. A battle of wills, the ego, worth, and control...

They become consumed by their own fears, otherwise known as 'baggage' and the intimacy, fun and love tends to fall away.

3. Resulting Behaviour

As a result of him/her experiencing fear, doubt and insecurity, they start behaving in a way that typically moves them further away from the common goal of love.

Irrespective of whose fear was triggered first, it's important to be aware of how our fears get triggered and how we behave as a result of this.

Everyone has fears that pop up from time to time....

If you want to ring the right bell for your guy then you've got to change the way you approach fear. Most women do not do this. They get consumed by their



uncomfortable emotions and do the opposite to what the man really needs and wants.

And most importantly, they do exactly what's not healthy for **themselves**.

Sometimes we worry too much about the man and spend too much time consumed by what we think we need to do for him to...

... want us more

... to love us more

... to want to be with us

When we do this we LOSE OURSELVES... and most men do not respond in the way we hoped they would.

If you are more honest and loving with you then the Fear-Clash disappears.

4. Fear-Clash

Instead of communicating about each other's feelings and working out a solution - they're blocked.

A lot of our reactions and fears are not real. Meaning that they "arrive" or show up based on a misconception or an unhelpful perception.

At this place women become reactive...

This does not mean they are overtly reactive - it means that they react in a way that blocks heart connection. They engage in a love blocking fear response (as per above).

5. The Solution...

The only way to connect with your man and RING THE BELL to his heart is pretty simple.

Change the way you respond to your fears!

THAT'S IT!!!! STOP REACTING and being a slave to your insecurities.

Fear will NEVER create heart connected love and reactive behaviour SCARES men.



You cannot access his 'secret button' and *unlock his heart* when you allow your own unhelpful beliefs to govern your behaviour.

When a man is fearful **you cannot navigate fear with fear...**

You must navigate his fear with self-love, self-belief and understanding.

The reason I have included this topic to the beginning of this program is once you get this the rest of program will be easy.

You see, the Fear-Clash relates to almost every chapter in this book and this is the ultimate recipe to lasting, magnetic and fulfilling love (and dating).

In addition, what I'd like you to be aware of is I do not believe that a woman needs to turn herself inside out to try and capture the heart of a man.

That is crazy.

Facing your fears and amending how you relate, date and connect with men is **VERY GOOD FOR YOU.**

That's right, for you!

And why would this be good for you?

Because it makes you feel...

SANE... SECURE... LOVED... and... PEACEFUL

Sometimes we have to forget about the prize and focus on the journey and what you will gain along the way.

Some men will not be your match and there are men who at this current stage of their life are not and may never be relationship material. You could strategize one million ways to get his attention and he'll never be emotionally available to you.

I want you to be with a great man, not any man!

I'm passionate about healthy love. If you are willing to be *healthy in love* then the man must want this too....

An emotionally **healthy** man/woman - wants healthy love.

An emotionally **unhealthy** man/woman - wants healthy love, **but** does not know how to love in a healthy way.



1. Real love is not cruel... **real love** is kind, mindful and understanding.
2. Real love is not game-playing... **real love** is clear, open and honest communication.
3. Real love is not emotional manipulation...**real love** is integrity, vulnerability and authentic actions.

The Key To His Heart and Love:

1. No more banging your head against the door

If you haven't worked it out yet, you cannot make him or anyone else change. It's a waste of time and effort.

It's MADNESS!

If you feel as though you're going around in circles then STOP!

Think about how you're approaching love?

What you can do is change the way you deal with your fears and how you respond to his fears. Believe me when I say that this is the easiest path.

It may not feel like it. IT IS!

2. Tit for tat

Right now it may feel that you're the one doing all the work. Perhaps it feels as though you're the one trying to grow and develop yourself and the relationship.

Maybe this challenges you, as you believe that the men in this world should also be finding out how to understand women and relationships.

This is true, though right now I am talking to you and it doesn't matter who starts the process of change and love transformation. A great man will step up and meet you halfway if he notices changes in you. I have seen this time and time again.

3. The Fear-Clash Solution

Step 1. Self-Love

Address your fears and insecurities, self-worth By doing this will get clear about what's your stuff and what's your man's stuff! You will have clarity about what is happening. (See Chapter 1 and much more about this in Never Lose Him Program)



Step 2. **Recognize Your Fear Response**

Do not react with a 'fear response' to his or your fears. Avoid - Fight, Flight or Fleeing! You must have awareness of what you do and why you do what you do!

Step 3. **Recognize His Fear Response**

Once you know how to consciously recognize your fear response - I then ask you to recognize your partner's. Most women take men's actions personally. Be more objective and then respond with Step 4...

Step 4. **Approach Your Relationship/Dating with a Heart Response**

Follow with LOVING and HEART behaviour so that you break the cycle of the Fear-Clash. (See previous chapter and the rest of the chapters)

Step 5. **Desired Result**

Heart-loving connection, authentic love, intimacy, connection and lasting love.

Real love can only take place if two people authentically value a conscious loving relationship.

Therefore if you're currently dating, have dated or are married to a man who is unkind, abusive, plays games and does not generally treat you with love - then as the first chapter explains, you must connect with your heart first.

When you're honest and authentic with your heart, you will allow love to flow in and out. You will only choose love, and you will only accept love from another.

Fear will not allow that to happen.

As this chapter comes to an end I suggest you reread the first two chapters a couple of times. If you want to experience the true power of Mind-Sex then I suggest you spend some time marrying the Fear-Clash and The Apple-Pie techniques together. These two very powerful skills create what I call, a "**Reverse Love Explosion**".

A "Reverse Love Explosion" takes place when a man's heart and mind feel safe, hence I called the chapter Mind-Sex.

When you IGNORE a man's fear driven behavior you set yourself up for love-success! When you don't buy into his fears (or yours) you can then pay attention to



how you react to them - that's when you strike RELATIONSHIP & COMMITMENT GOLD!!

A man will not be able to deny a woman who's in her heart and knows how to navigate her mind. This is a powerful aphrodisiac, it's a huge turn on and not just in the physical, it goes much deeper. It taps into the deepest part of his being and this is what a man truly requires to want to connect with you and want more... and more... and more... of you! The upside is - sex becomes more intimate, more passionate, more loving and pleasurable!

Important clarification: Mind-Sex works like magic with A MAN! Not men who are emotionally crippled, or men who are dead-set determined to play emotional games. Actually, it will probably work, yet not in a healthy-love kind of way. Either way, these men are not for you. Please have the courage to let them go! Embrace Love not Fear! (Oops, I know I keep saying this 😊)

As you continue reading the rest of the program you will see how dissolving a Fear-Clash is the key to the ultimate connection - THE HEART! It's also the key to creating a healthy and mindful 'conditioned reflex' with your man.



WHAT MAKES MEN WOBBLE?

Men's Insecurities & Heart Blocking Challenges

Imagine what it would be like to go grow up being told that you must be a "man" at ALL TIMES!

And what is a "man" *supposed* to be like?

... A Man must lead the world

... A Man must face every challenge with confidence

... A Man must compete with the greatest warrior and win (or at least fight to the very end)

... A Man must NEVER show his "weaknesses" and true feelings

Now imagine that you're born a man... you want to express how you feel, to show raw heart emotion and instead of being heard and validated you're told that **you're a baby** for revealing your truth and for showing vulnerability? Maybe it wasn't your parents saying these things, perhaps it was the other boys at school, a teacher, a neighbor, cousins, family friends, or all the above!!!

The truth is: This is what most men are brought up with and this is what most men internally struggle with on a daily basis.

Knowing this... Can you *now* imagine what it would be like to feel as though you have to pretend to be strong, to shut off your true feelings and to be fearful of being ridiculed for your emotional sensitivities?

For most men it's confusing, overwhelming and for some, terrifying!

And this is why many men find it easier to emotionally distance themselves from a woman than to heart connect with her. Furthermore, men will distance themselves from a woman they adore and greatly care about, which makes it all the more confusing and painful for women and men alike.

What many women don't realize is that most men are far more sensitive than most women can grasp and more so than this world gives them credit for.



What will surprise you even more is that men are often more wanting and even more desperate for love, attention, affection and to express themselves than women!

What a HUGE misconception! Seems hard to believe, right?!

This is not to say that women don't know that men are sensitive. You may currently be or have been with a man who has been; self-doubting, jealous, controlling, easily offended, extremely emotional or erratic and so on.

You may also have had the pleasure of experiencing a connection with a man who's openly sensitive in a healthy way - such as warm, loving, verbally expressive, kind, emotionally open, and so on.

All of these behaviors are pretty good indicators that a man has sensitivities - albeit, healthy or unhealthy sensitivities.

Both males and females experience the same emotions and each person will express their feelings and emotions in different ways.

Sometimes the way a man behaves or copes with his emotions and feelings are respective and also irrespective of gender differences. *Some* of the differences between men and woman can be explained through science and much of what we do and how we experience love and relationships has a lot to do with our conditioning.

Unfortunately decades pass by and there still tends to be a focus on men needing to be Manly, Macho, A-Okay, Not Bothered and being able to deal with anything, although the male ego can be surprisingly fragile.

Instead of men talking openly about their insecurities, life challenges and relationship issues, men tend to pretend, suppress, withdraw and may even come across as disinterested in their partner or not even get into a relationship to begin with. When a relationship falls apart men are generally slower to recover than women, and studies reveal that most men live longer when they're in a committed relationship.

Understanding a man's insecurities will allow you to relate to his heart felt sensitivities - When you are able to relate to a man from your heart (from your 'Apple-Pie') you then enable him to be more authentic and open to his own heart, and consequently to yours ...

... When you're more heart centered, then he will be too.



What tends to happen is when a woman feels as though her guy has disconnected from his or her heart, instead of feeling into hers she tends to get into her head and this just makes things worse... she starts dipping into the 'salt' and the 'pepper'!

As soon as you get into your "head" and move into fear and self-doubt mode, there is only one way it can go, and it's a downward spiral.

This is why chapter one is so important.

You've got to know how to heart connect with you first, otherwise your own issues will stand in the way of your connection with him.

A lot of women would like men to be like women, although men are men and even though the world has changed and is changing, largely men are still programmed to hide their vulnerabilities, to protect, to provide - they're hunters and they still aspire to be leaders, the alpha male, the warrior!

As I have established, this does not mean that men don't want to share their vulnerabilities or express themselves, they desperately want to...

... they're just not sure how to, and/or...

... they're concerned about how their deeper feelings will be received.

This is where a woman can make the BIGGEST IMPACT...

Knowing he has a deep desire to express himself, to be emotionally intimate and authentic is powerful.

She will then be able to recognize it in him and then be able to assist him to express these feeling and emotions.

This is where she holds the KEY to his HEART and love.

Following are a number of dominant insecurities men face that tend to hinder their ability to connect with a woman. Most of these points have nothing to do with you, meaning; typically these issues would prevail regardless of who the man is in a relationship with.

These next 4 points are pretty much universally *perceived* hindrance or obstacles (for males) and can affect men to a more or lesser degree, and more so at different stages of their lives.

What's interesting is...



A lot of what men worry about and a lot of what women worry about does not register nearly as much for the opposite sex.

This is why knowing these things will assist you to engage with a man in a way that allows his heart to open:

Money Pressure (“The Money Love Switch”)

How deep or shallow are his pockets?

Some men are not able to connect with a woman on a heart felt level if they feel as though they’re not financially adequate... When a man doesn’t feel proud of his accomplishments, most often he will question his value and overall adequacy as a partner.

This does not only hinder his ability to commit emotionally and mentally, these feelings of not having enough can also affect a man sexually.

I surveyed a group of men and close to 40% of men admitted that their finances can affect their ability to commit to a woman.

The tricky thing with this is that the man does not need to be poor, out of work or struggling financially to feel financially inadequate – he might not be where he **wants to be** in relation to where he is **right now** and this can affect his heart connection with you.

Even though women have become more and more independent and self-sufficient, men largely still feel that they should be the provider, the breadwinner, the financial rock!

The Key to his Heart & Love:

If you really like a man who’s got money issues, firstly you need to decide if you are able accept his financial situation.

If you genuinely believe he’s a great man, a loving and committed partner, and he’s willing to keep working and developing himself (if that’s a point of contention) then here’s what you can do to open him up. By doing these things, you’ll activate the “The Money Love Switch”...

1. **Men like to feel masculine and to be of value** – Let him know what he does that’s of value and special to you. Acknowledge him for the ways he helps you; in the kitchen, garden, around the home, the way he supports or listens to you.



Compliment him on his skills, his sharp mind, his creativity, his athleticism, his love and affection, his passion or what ever he does. He may not be 'rolling in it' or the key provider - what else does he offer a partnership or potential relationship?

2. **Quality Time** - Say little things about how much you love spending time with him... make the relationship about the two of you spending quality time together and do things together that cost little to no money.
3. **Don't expect him to pay for everything** - If he hasn't got a lot of money then accept it and share the expenses. Don't hint at the things you want him to buy for you - he'll feel as though he's not stacking up to what he thinks you want in a man and he'll start retreating.
4. **Social Activities** - Further to the above point, be mindful of the restaurants you choose to go to - unless he suggests something high end, make sure you go to places that are of great value, yet not expensive. The same applies for fun activities; go and have fun, although be mindful of your expectations. Some women can be very demanding when it comes to being 'wined and dined'.
5. **Let him know that you believe in him** - Of course, a man needs to believe in *himself*, although it's nice to hear it from our partner too. If you don't believe in him then are you being honest with you? Are your expectations too high? Are you listening to you or are you living in hope or attached to his potential; what you think *we could be*, not what *he is right now*? If you have a good man on your hands then inspire him rather than be disempowering towards him - use empowering words and be encouraging. If you believe in him and he believes in himself he'll most likely step up.
6. **Sticking Point** - If his financial situation is proving to be a deal breaker for you then it's important you recognize this. Maybe he values a nomad life, a financially secure future is not important, or maybe he has no drive, or self-belief? Nagging him about it, putting him down or hinting that he's not living up to *your ideal* will most likely push him further into a hole. These behaviours are not a heart and love approach. This needs to be an open hearted while practical approach. I mentioned values earlier - maybe you value financial finances very differently.
7. **He Has Money** - If he has money and still won't commit or he doesn't feel advanced enough in his career then give this situation some honest and heart felt reflection.

Some men feel as though they never have enough.

This is what's called 'unrelenting standards'...



...they've got to have more and more to feel good enough, it's as though the bucket never fills.

I also suggest that you share with him from your heart what's important to you.

No ultimatums.

Share your values and what you need for the relationship to work.

Often these types of men do not value a relationship enough or they won't feel worthy until they have more money...

Their career and how much money they have defines them and they don't feel "enough" for you now, if ever.

A lot of men don't realize that many women would be happy for him to make less money if they were going to experience more quality time, love, affection and attention from the man they love. I suggest you **listen to your heart** here and ask yourself - is this man for me, am I willing to wait and see if things change, how long am I willing to wait (if at all), do I date other men, is there someone more suited to me? Tell him you miss him, express how it FEELS to see him and spend time with him... NO NAGGING (more about this later).

8. **Be Mindful of Your Success** - Men like a confident woman! If you have a good career, you're driven and motivated then this is something to be proud of. No woman should have to pretend that's she not successful or dumb herself down to make a man feel better about himself - PERIOD. At the same time I suggest you be mindful of how you talk about your own finances, particularly if you make more money than him. In fact, this is a general rule in life, many people get uncomfortable about money, so best to share that kind of information with only very few people. If you're married and he knows your financial ins and outs, you can still be mindful of the focus you give to your finances. Don't ever use money to control, belittle or manipulate. You don't have to pretend and you don't have to gloat either, be humble.

His Royal "Crown Jewels"

Men and their penis'! Yikes, this is a never-ending topic. This is one male insecurity or should I say sensitivity that is probably the most referred to topic of all.

It feels as though this world has created men and women who are not happy with their pleasure spots! TOO MANY women are self-conscious about their vaginas and TOO MANY men about their penises.



Being with a connected, intimate, pleasure giving and receiving partner is what's important.

Of course genitalia plays a part, although some of the best lovers are not necessarily well endowed.

Commonly and in some ways naively, men with a large penis believe that because it's big it will do the job. A man who's a good lover knows that the size of his penis does not necessarily equate to good sex for a woman.

In addition, men tease, belittle and rile each other by referencing to their 'manlyhood' or lack thereof...

I know of personal trainers who yell at their male clients, calling them 'soft cocks' and 'impotent pussies'... and it doesn't stop there!

The Key to his Heart & Love:

1. Assume that every man is sensitive about his penis

He's either; sensitive about the size, what it looks like and/or how it performs.

If your man is a sex god then this point may not relate to you (good for you :), all the same, for the benefit of this point let's say that he has some penis stuff going on...

Most, if not all men will experience some aesthetic or functional penile challenges at some stage.

Men can lose erections, prematurely ejaculate, feel inadequate, and of course performance anxiety is amongst all of that.

The way you deal with these things will either allow him to be vulnerable with you and open his heart or he'll close off and the issues will become worse.

This does not mean that you don't want things to improve or that you don't talk about them, although these moments are defining moments...

He'll either feel safe or unsafe with you, which will determine trust and his heart connection with you:

- Be understanding, gentle and relaxed about it.
- Don't say things like - "what's wrong with you", or ask him things like - "is it me, don't I do it for you, am I not turning you on?"



- Say - "It's okay sweetie, we'll have some fun later!" Then change the subject.. what do you feel like doing this afternoon, tonight, for lunch, etc...
- You can talk about it in a warm and kind way... ask if there is something you can do to help?
- If the issues are becoming a pattern and are not changing then you can try and change the dynamics. Slow the sex down, focus on more foreplay with him, be more complimentary, or perhaps it's time to see a sex therapist?

2. The Penis and Finances

As I mentioned earlier erections and maintaining erections, or feeling sexual/sensual can be associated to how a man see's himself and his identity.

If he doesn't feel like a "man", or the provider he wants to be, his mental and emotional state can hinder his sexual functionality.

Alternatively, he could go the other way and become more sexually active to feel more masculine, in control and in some ways more accepted. When you understand these sexual nuances you'll be able to relate and empower him.

3. Pro Talk

If he asks you if you like his penis or how it feels - always be complimentary.

Early on it's good to verbalise something positive about his body and/or "package".

He'll feel at ease straight away and it will boost his confidence.

Even if he has a smallish penis, you can still make him feel comfortable by endorsing and encouraging things that he does; the way he kisses your neck, touches your breasts, the way he holds or cuddles you, and regardless of his size, sex can still be good and feel good.

We women also like to be complimented and most people have some kind of body insecurity.

You don't have to lie, just find things to be "pro" about. You could say, "I love making out with you", or "I love how *this* feels with you", anything like that. (*This is something that I go into in more detail in my program, 'Secrets Of The Irresistible Lover')

Client Story - A male client that I worked with some years ago told me that for most of his early teen and adult life he felt insecure about his penis.



His father had a well sized flaccid penis and he did not, well not compared to his father. For years he felt inadequate, lacked confidence and felt insecure with women.

It wasn't until he was in his mid 20's that he realised that his "package" was more than acceptable and that his penis was just fine, it was more than adequate.

Men as do woman, compare themselves to others and even to porn stars - most female porn stars have had labial reconstruction and skin bleaching and the men, well they're just on the extra large side. So no one should be comparing or aspiring to be a porn star.

4. Be Genuine

Don't be fake with your compliments, encouragement and acknowledgement.

If you're not comfortable expressing appreciation in the bedroom then I suggest you start out of the bedroom by verbalizing other forms of appreciation. Alternatively, you can always practice your "pro talk" dialogue out loud and in private.

You can start doing this little by little and build it up... to a point that sexy talk becomes natural to you.

Everyone loves a compliment now and then (men are no different).

Bald Truth

Genetics, disease or lifestyle habits can make men lose their crowning glory.

Is it a big deal?

If the amount spent on hair growing medications and surgeries are any indication, it IS a big deal.

Even if the bald truth was masked with technological help, deep inside, men are very conscious of the state their hair is in.

Sigmund Freud used to present that a man's hair growth would also symbolize his penis. Hair loss for them is as good as being castrated. And if your man is in his mid - 20s and 30s, it poses as cold reminder that he is growing old.

Not really an enjoyable thought for most.



So despite the blasé attitude our partners would sometimes put on, they are concerned about it, particularly men who are at the earlier stages of hair loss.

Just as a woman can be insecure with the size of her breasts, thighs or butt...

... if she's with a man who loves her, adores her and makes her feel beautiful, many a woman will get over her concerns and learn to appreciate herself more.

I know someone who was always insecure about her small breasts and body in general. She had lost a lot of weight early on in her life, and with the weight went her breasts. She found that once she was in a committed relationship her insecurities dramatically faded.

That said, this is not always the case, therefore if you have insecurities don't wait for a man to say things to make you feel good. Learn to feel comfortable with your body *for you*, regardless of whether you are in a relationship or single.

Okay, now back to men and balding - So what can you do, especially if your partner is showing signs that it is a bitter pill for him to swallow? Here are few of the things to help...

The Key to his Heart & Love:

1. **Empathy** - Empathizing is not about feeling sorry, it is being sensitive and putting yourself in his position. (You'd probably freak out if you found your mane thinning.) Be in tune to how your partner is reacting whenever he passes a mirror, checks on hair growing techniques. And if your relationship is based on trust and friendship and he's willing to discuss it with you then listen to him and make him feel you are there for him.
2. **Reassurances** - Bolster him up by making sure he knows that you simply don't care if he goes bald. You can say, 'You are still as sexy as ever' or something like 'Jason Statham's got competition now', or 'I love a bald head, it's so sexy'. Make sure these assurances are sincere and heartfelt and you can say it every now and then. I personally love a baldhead and would find complimenting my man easy. Regardless, if you're with him then you might as well learn to love his "crown".
3. **Support** - Whether your partner wants acupuncture, alternative medicines, hair growing drugs or the more drastic hair transplants, show your support. It is important to him. Be involved. Not to say that you need to eagerly agree that he needs surgery, although if under much consideration, that's what he wants to do then supporting him is the best way to go. Do a little research of your own and



discuss the results with him. Guaranteed, he will grow to love and appreciate you even more. If he doesn't want to do anything about it then support him in his baldness. If you keep suggesting he does something about it, he'll feel in some way that you're disapproving of him. Maybe you need to encourage him to embrace it and shave the remaining tufts off.

Men LOVE To Feel Needed

(As per the formula $\Rightarrow (N+R) \times S = D$)

Lisa is an accomplished woman in her mid 30's and enjoys a very stable position in the company where she works.

She has a good circle of friends and everyone who knows her would only say good things about her. Sure, she's had relationships before and does not find herself short of men to date. She's intelligent, attractive and her men friends say she is marriage material.

Lisa's case isn't unique. More and more women wonder whether a blossoming career creates a love and relationship disadvantage.

Does career and financial success invariably mean that love goes south? Women often ask the question; do strong, independent women intimidate men? Is there a relationship between successful, independent women and the absence of a romantic relationship?

In my study, almost 80% of professional men in their thirties prefer women who are confident.

They find self-assuredness sexy and the results go on to show the same respondents voted just 54% saying they prefer to be the main income earner for their partner.

So what does this mean?

It's not so much about being the "provider" it is about being recognized as your protector, being masculine and to be of value.

Despite all your accolades, he wants to feel that he's part of the reason why you are happy, he wants to make a difference in your life. Men generally bask in the glory of being someone who has helped you, even indirectly.



Sometimes it's the little things that can instill this feeling of value, of being needed and supporting you.

Men LOVE this.

Regardless of whether you earn more or less than your man, whether you're more or less handy around the house, or whether he pays for dinner or you go Dutch...

It's pretty simple, men LOVE to feel needed. Period.

So I suggest from time to time you learn how to leave the fiercely independent women, the CEO/Manager/Leader at the office and allow your man to lead and support you.

Change it up.

I am not telling you to be submissive, I suggesting you allow yourself to turn down the dial, put your feet up and relaxed sometimes...

...it's good for you and the relationship! This applies to all women - from the corporate woman to the stay at home mum.

Of course this works both ways - men love women to support them and do nice things for them too.

How can you achieve this?

The Key to his Heart & Love:

1. **Stroke his ego** - As my male friend said to me - "Men are just like dogs; pat us often enough and you would get our tails wagging". It doesn't mean you should prop them on a cushion and fluff their hair like a poodle, it means that you give them frequent attention. Like one pat an hour, kidding! Who doesn't like a "complimentary pat" every now and then?! So it's not about the duration of being in the spotlight, it's about consistency and the frequency of the attention you give. And for busy women, it can be quite a challenge. It does not have to be something big. Remember, it's the consistency and the frequency that makes them feel valued. *Sometimes women are more focused on how much attention a man is giving them, that they overlook the fact that men like all of this good stuff too.*
2. **Public compliments go a long way** - So make sure they reach him. When you are with his friends or talking to your friends and your partner is within earshot,



mention something that your partner has done for you and how appreciative you are with the gesture. It doesn't matter if it's just changing a light bulb. Your man will love the public acknowledgment, and this will also confirm that he's with a woman who knows she's got a good man on her hands. And the extra bonus - He'll be willing to help you with more and more things!

3. **Ask for his help** - Let him carry the groceries or your bag, even if it has wheels, let him wheel it for you or load it into the car. Independent woman can do a lot for themselves. I have certainly been one of these women and this has been a wonderful lesson for me. Allow him to help you! Let him assist you to put together a *do it yourself* desk or shelf (I know I can do it without him, I am relatively handy, this doesn't mean that I don't ask my man to help me). You could do it together or do something else while he's at it. The upside is that it makes my life a little easier and he feels GREAT! Give it a go. Then you thank him with a big smile or a kiss. Heart connection made simple!
4. **Appreciate his feedback and advice** - Let him share his opinion. Some women love to talk and don't let their man speak. Women talk more than men so chill, relax and listen to him. Don't speak over him and feel the need to fill in the silence, give him loving and open space to share and then value and appreciate his sharing. He'll love it! (more about this later)

In summary, the point of this chapter was to highlight the things that don't seem like much to you, that may in fact be important to a man.

Many points I have shared are not always gender specific, meaning, most of the tips I share with you to a more or lesser degree apply to both sexes. It's up to you to work out where you might have lost perspective or where you had little to no awareness or knowledge.

Understanding Men really isn't that complicated... and the best men are pretty easy to work out.



LIGHTS, CAMERA, ACTION!

The Art of Initial Attraction

Imagine you're the star of the show... you've got one golden opportunity to dazzle, engage the audience, capture their attention and possibly their hearts.

There's no dress rehearsal, this *is* THE moment!

What will you reveal to your audience?

What will you share or not share that will make you stand out and deliver raving reviews?

Initial attraction is a bit like that...

Do you naturally dazzle or do you tend to be more frazzled and uncertain in the way you engage with new people?

You never know when you're going to meet someone and sometimes you never know what type of person you're going to attract or be attracted to.

The dating world has changed and with the prevalence of online dating, it's even more important to make a good first impression. The reason I say this is with the development of technology people are able to more readily access an abundance of potential love matches... like NEVER before!

If you're online dating you may be juggling multiple people at one time. If you're not online dating then the person you've just met or dating may be dabbling in "digital romance" and may have multiple people waiting in the wings - and this juggling tends to make people more picky and less willing to give someone a proper chance! This means you could be overlooking great men, simply because you've got too many on the go...

In the past we had to rely solely on a chance meeting, or wait for a friend to set us up with someone. Since there weren't as many opportunities to meet a mate we would devote more energy and attention to someone in the initial stages of dating. Even if we weren't sure about them we'd tend to invest more time in getting to know them before scrutinizing, judging and writing them off the *potential*/list.



Hence why it's now even more important to bestow a winning first impression.

Let's make sure you **stand out** from the rest and offer exactly what a GOOD MAN is looking for.

Firstly we'll have a look at how a lot of men approach attraction:

Initial Impressions

The male species, when looking for a mate are often more primal than women in their approach (to begin with).

Women, like men, care about the physical characteristics but for a majority of men, a woman's physicality is on top of their list (at first)...

It may not be conscious, although undeniably men are visually stimulated to gravitate to a woman who is feminine, 'fertile and healthy'. This is to complement and in an odd way act as a contrast to help exhibit their masculinity, and to also propagate the species.

So this indicated, it's not that they're looking for a "hot" woman, they are looking for woman who is what he deems as a good genetic match.

Where as woman's initial desire is heightened by a man's status, his drive and his ability to support and provide for her and her family. Even with women now becoming more and more financially successfully and accomplished, this desire largely still stands.

Men upon seeing a woman... would ask himself...

"Do I want to have sex with her?"

This is his primal instinct talking... it's not emotional, it's animalistic!

His attraction is deeply rooted in his sexual arousal and physical needs.

It may seem shallow, although it's this physical and sexual attraction to a woman that can lead to his ego being stimulated, his passion and eventually, his heart.

Yes, the seemingly primitive attraction can be overtaken and this is when the next level of attraction moves to his heart and mind.

But it's not ALL about physical looks.



Men do care about other attributes and what one man perceives as healthy and feminine, may differ to another man.

Physical attractiveness is heavily dependent on perception, which varies from one person to another.

- Some men love small breasts, others love larger breasts
- Some men love tall women, others love petite
- Some men love super curvy women, others love a slimmer and more athletic body
- Some men don't have an obvious preference... they like all different shapes and sizes..

... I know a man who loves women with slightly buck teeth and large areolas, that said, none of his girlfriends in the past 5 years have had either of these features.

I have coached many men and time and time again they express that no matter how physically or sexually attractive a woman is, he will always lose interest if she does not offer more than the superficial... these women would almost always end up as a 'friend with benefits'.

Men like a woman who knows how to make the relationship grow and remain interesting. And women like men who can also do the same. And of course, a woman's personality, her feminine grace and the way she presents herself can add to the attraction factor.

Even if you think you are plain looking, "average" or even below average, having a healthy attitude and a healthy lifestyle would give you a tremendous advantage over a woman who does not give importance about the same. Your true beauty radiates from within and *every person* can be beautiful if they want to be, and it NEVER begins from the outside.

Every woman I work with who's looking for a man must consider attraction on all levels:

Physical, Mental, Spiritual and the Emotional

There is no point working on just one part. You've got to develop all areas of you, you'll then be well and truly be ahead of the curve! (I do go into this in much greater detail in my '*Never Lose Him*' Program).



I am all about healthy love, meaning...

... long-lasting, committed, passionate, kind, intimate love ...

If that's what you want then you must know how to attract him and how to keep him.

Once a man moves past the PRIMAL stage of attraction he then moves into the EMOTIONAL, followed by the RATIONAL.

Women start with a more RATIONAL approach, then move into the EMOTIONAL and end up more PRIMAL.

This means that once he gets past the *primal* part of attraction, he'll move into the *emotional* and if you're not what he deems an *emotional* match, he'll then make a *rational* decision and withdrawn or end it or keep it going as a more casual liason. Conversely, let's say your guy has a *primal* attraction to you, he also feels a strong *emotional* connection, he will then make a *rational* decision as to whether he wants to be with you for the long term... If the first two boxes are checked, the primal and the emotional connection, a man will be smitten and he'll move mountains to be with you!

So... depending on the connection he feels with you when he arrives at his "emotional place" a healthy-minded man will either want more and more of you.... or less and less.

A man who is emotionally confused, scared and/or scarred tends to send mixed messages and you'll probably feel just as confused as he does!!!

This is when you must *engage your heart*, treat yourself with love and be courageous to walk away from someone who's not able to have the kind of relationship you're looking for.

Following are two key ingredients that will help you engage with a man!

2 Key Initial Attraction Ingredients

Confidence

Before anyone learns to appreciate your beauty you need to appreciate yourself first.

Women who radiate with confidence are perceived as strong, passionate and yes, sexy.



If you ask a man what makes a woman sexy it's never about what she's wearing or anything about her body. They will say:

"CONFIDENCE, the way she carries herself, her smile"...

A genuine heart centered smile will not only ignite and engage a man's heart... it will melt his heart.

Fight those little demon insecurities inside your head. Love you, believe in you!

(See more about self-worth in chapter 1,2 and also in my Never Lose Him program)

Fun/Playful

Men LOVE, LOVE, LOVE a woman they can have a good time with.

I am not meaning that it has to be outrageous fun and play. I am talking about a woman who:

- Sees the humor in life
- Laughs at his jokes
- Laughs at herself
- Loves to engage in life
- Is willing to try new things
- Knows how to see the funny side of sticky situations and so on

It's no surprise that these two points cross over into lasting attraction...

If a man "falls for you" (so to speak) on the first couple of dates because you seemed confident and fun with good morals and values - then he's going to want to see these traits present on a consistent basis.

Lasting attraction needs these consistent key ingredients.

What you may not know:

Body Ratio Measurements

According to a study, many men are drawn to women with a "low waist to hip ratio" or commonly known as an hourglass figure.



It is part of the evolution of their species so the study says. A woman's physical shape is an indication of her fertility and health, which confirms what I shared earlier.

Studies reveal that women within a lower range have optimal levels of estrogen and are less susceptible to major diseases such as diabetes, cardiovascular disorders and ovarian cancers. So it's in the science.

They also expounded that men neither like women that are too thin nor too plump. And contrary to popular belief it is not really the size of the woman's breasts that they find more attractive - it's the proportion to the hips that creates the classic and sought after hourglass body.

So women embrace your healthy curves!

Physicality & Superficiality

As mentioned earlier, the majority, if not all men, are highly visual. However, once they get past the outward looks they desire something deeper.

While make-up, fake tan and revealing clothes may give the impression of being super sexy and alluring, it takes much more than that to engage the heart of a good healthy man.

A man who's after real love and commitment wants...

... more than pretty, and more than superficial sexiness!

And further to what I shared in this chapter, a man in his thirties and above have normally obtained a more healthy perspective of what really matters. In fact, 72 per cent of men say they look for a good personality rather than good looks in women.

As much as men are visual, they'll make partner choices on how they feel around you...

For the majority of men, lasting attraction takes place because the woman makes him feel accepted, he feels good around her, and last not but not least, she is good for his overall wellbeing.

And here is some proof. I asked men how important a woman's looks were to him.

See the results.



Answer Choices	Responses
Really important - If she's not HOT she's not for me	5.45%
Mildly important - She's got to be attractive to me in some way, does not need to be super good looking.	81.82%
Not that important - If we're going to have a future I need to like her and have a good time with her.	12.73%
Total	

Do these results ease the pressure for you a little bit?

It's comforting to know that you don't have to starve yourself, wear Spanks underwear or pile on the makeup to attract a good man...

This is my story:

I remember a time in my life when I thought that all that mattered to men was what I looked like.

What's funny is that I actually liked myself, well maybe not in entirety, yet I knew that I was worthy of love, to be cared for and adored by a man. Yet I still had this superficial self-doubt, which started when I was in my early teens (if not younger).

I remember comparing myself to other girls at school and even my sister. I thought that I wasn't that pretty and I wasn't getting the attention I wanted.

The fact was - I WAS getting attention, although it may not have been from the boys I had my eye on. Then one day my perspective changed...

...A guy that someone else was dating made a comment about me. This guy liked me. Understandably his girlfriend didn't like it, although it was an interesting situation....

I had no idea he thought I was cute. I didn't think that he'd ever think that I was, and he was dating one of the really pretty and popular girls in my group. It was a passing comment that was soon forgotten, although it was strangely profound for me...

It was a defining moment. I realized that I was operating from my head (fear) and not my heart (love).

At the time I was about 17 and that very day I made a PACT with myself...

... I promised myself that I would no longer question myself based on my looks

... I would be the best person I could possibly be



... I would learn to love the all of me and the guy that is for me will SEE ME

... I don't have to force it or try hard to be noticed

... I was clear about what I deserved

... I realized that I was gorgeous in my way, I was not like anyone else and I was okay with that

I decided I would look after myself - my mind, heart, body, spiritual and emotional self and I will attract great men.

When I made this inner shift, guess what started happening?

Without trying I started attracting more guys. And because I was finally focusing on what mattered most, men started to open their eyes. I was no longer as invisible as I thought I was and the bonus was -

I was attracting really nice men!

And it's not like I let myself go, I still liked to dress well and put on a touch of makeup. I would treat my body with love by exercising and eating well - except I did this from a healthy and self-loving place.

I learnt to love me and as a result I started to attract genuine attention and love.

As you can see I was so young at the time and at that moment I didn't realise how powerful that experience was.

It does not mean that I never felt insecure, shy or jealous again, it meant that I learnt how to RISE ABOVE these self-doubts and feelings and be a whole person.

I am so grateful that I was able to seize the moment and *rise* and you can too!

What Kind Of Man Are You Looking For?

The kind of man who is attracted to you might not necessarily be the type of man you are looking for.

So what does this mean?

It means that you have to pause and make a list...

Write a list of what you think is the "right guy" for you. List everything that is important to you. It could be 20 things.



Then I want you to narrow it down to 5 must have character traits or attributes that you cannot live without.

YES, ONLY FIVE!

Actually, who you are has a lot to do with type of guys you attract. For instance:

- If you are prone to insecurities, there is a chance you will attract narcissists who might take advantage of your lack of self-esteem to meet their egotistical needs.
- If you're controlling or more masculine (an 'alpha' woman), then you will most likely attract a man who is more gentle, maybe a *yes man* and a pleaser.

If you're not attracting, dating or in a relationship with a man that feels safe, loving and connected, then may I suggest you review your approach to love and dating.

One effective way to attract the kind of guy you want is to know exactly what kind of message you send out.

For those of you who think you have a 'type' of person that you're attracted to or is attracted to you. I encourage you to check in on your energy and encourage connections with men who are not who you'd normally go for.

Or if you normally let the man choose you, or you think it's better to be with someone than to be "alone", then it's time to do a love and attraction review and get clear about what really matters to you LONG-TERM.

For example:

1. If you normally date men who dote on you and let you boss them around, then maybe your top want in a man is someone who's; Confident or a natural Leader... who's of course Kind and Loving too.
2. If you've dated men who are nice guys, yet their idea of a good time is chillin' on the couch every night and staying home on the weekends, and despite your best efforts to get him out with you doing things he still doesn't want to engage in his life or with you, then you might want to address this. Maybe your ex was a loner, he had no goals and no strong friendships? You'll probably be looking for a man who values Friendship and Adventure.... and of course loving you and including you in his life.

Have a good look at your attraction radar and reset it!



Be Open To The Unexpected

It's not uncommon for me to ask someone how they met their partner and their story unfold somewhat like this –

They met a man who at first they were not attracted to or did not warm to. Over time they got to know each other and then it happened... real attraction developed and they were blown away by the connection they had with someone they thought they'd never be 'into'!

There is no perfect recipe for initial attraction...

This is why it's important to be uniquely you while doing the things that promote initial attraction.

Initial attraction can last moments or initial attraction can live on and move into lasting attraction.

Someone may be attracted to what you look like and then not be attracted to you once they get to know more about you. It may not mean that you need to change anything, sometimes people are just not a match.

To put your best foot forward I suggest you do a Self-Audit by reviewing the following:

1. How do you stand, what's your body language?
2. What do you talk about?
3. What's your energy like?
4. How do you relate to men?
5. How much make-up do you wear?
6. What do you wear on first dates?

As you read these points you might be thinking, some of these points seem superficial and at the same time you may wonder – are they and why should this stuff matter?

Is how you dress superficial or does it go deeper?

Does the amount of make-up you wear reflect something about you that you're not even aware of? Heavily applied makeup to some men means that you're



pretending, insecure and potentially high maintenance. Does the way you stand, how you sit, or what you do with your hands mean anything to a man?

All of this can influence initial attraction.

I suggest you ask a close friend what they think you're advertising "out there" in the world of love and attraction.

- Perhaps your body language comes across as closed when in fact that's what you do when you're nervous and like someone. Men may perceive that you're not interested when in reality you are.
- Maybe you come across as overtly sexual when in reality you're looking for a relationship and **not** interested in getting physically involved with someone until you've confirmed that you're "exclusive".
- You might think that amplifying your sexuality is what men want and you're not sure how to be any different. It's important to gently and openly review what you do.

There is no point thinking that you're doing anything wrong...

... more accurately, what you've been doing may not be working for you and can be tweaked to give you more favourable results.

So once again review, revise and always believe in you!

I suggest you be mindful of the all things that make for a good first impression and integrate those things into your life.

And you may be surprised...

...the smallest changes can reap great rewards and not only in your love life.



WHO STOLE THE FIRST KISS?

Making the First Move

You know you are definitely interested. He's that new guy at work or someone introduced to you at a party, or perhaps even someone you've known for quite some time yet no one has made a move.

Maybe you see a guy that interests you at the supermarket, at a café or at the gym. Do you break tradition by going in for the kill or do you just wait, and wait and wait some more? And who said it was tradition to wait for the guy? For centuries women have approached men! Beautiful ladies... it's time to get with the program!

To clarify, there is nothing wrong with being the last bottle standing, although, if you're the last bottle standing because you're expecting love to just turn up on your doorstep, then something needs to shift.

First UP! ...

NEVER underestimate the power of a woman! Men can be terribly shy and maybe even a little bit intimidated by you or A LOT!

According to one study, 27% said that they like women who would make the first move because they find it confident and sexy. 11% said yes, because they were too shy to make the first approach. A whopping 62% said, it doesn't matter to them who makes the initial move.

I remember a time in my life when I would sit and wait and sit and wait for a man to approach me.

I was the epitome of the sitting duck.

I would assume that if the cute guy in the room didn't approach me it meant he was not interested. Some men would approach, some wouldn't.

Most women would presume that this is a gauge of her attractability. If he comes over he's keen and thinks I'm attractive, if he doesn't then I mustn't be on his radar.

This is largely a FALLACY!



As I said before, shy men or the quieter type won't approach you. And sometimes the nicest men are the shy ones.

This is why women must learn the **art-of-invitation**... you see, it's really easy to INVITE a man to approach you...

For those just getting started, in a moment I will show you just how to do this!

And if you want to have a heart connection with a man, you firstly need to find one to have one with. Funny that.

So.... stop dreaming and start making your dreams COME TRUE.

AND do so from the heart!

You Making The First Move

Hopefully you've established that it's more than acceptable for you to make the first move - and as you've just discovered most men like it, and a lot!

Yes, I know, many woman are attracted to men who can lead, the alpha male, and consequently men who initiate all the first moves... the first hello, the first kiss, the one to introduce you to his friends first, initiate sex for the first time...

It's time to GET OVER IT.

THIS is about the FIRST MOVE, **not** asking for his hand in marriage!

'Making the first move' can be such a wide field to interpret. Normally it's as simple as giving the guy a smile and it scales up from there.

Here are some of the things you can do to show him you're interested without being too pushy or aggressive.

These are the steps to the "art of invitation"...

The Key to his Heart & Love:

1. **The Look** - Be confident. As you should now know confidence is sexy! Try to be in his line of sight. Better yet, be in close proximity and give him a warm glance and lock eyes for 2-3 seconds, you can do this and hold his glance a couple of times. This is an "invitation" to approach you. Wait a little while and see if he comes over and talks to you. If he does not respond then you can...



2. **Smile** - Show him a flash of your pearly whites. Most men would see this as a sign that you are friendly and approachable. A smile can be flirty but in a non - aggressive way. A smile is often read as an invitation to come on over. Also, make sure that you're **not standing** in a closed group of people, a man won't find it easy to come over to you if you're in a huddle. Try to position yourself in such a way that he can easily approach you.
3. **Compliment or Tease** - A compliment can go a long way. Compliments are not often heard so a guy may well prick up his ears if he gets one from you. This can be a reasonable indicator that he likes you.
4. **Start a Conversation** - If you really like the guy it's okay to start a conversation. Initial conversations can be totally innocent. You can keep it short and always keep going if he is in any way receptive. This is now his chance to come back at you with any sign he wants to know more:
 - Comment on something he's wearing - if he's wearing a nice shirt, cuff links, shoes or the like. Men love compliments.
 - If he's sitting next to you and you like the look of his meal, ask him what he ordered.
 - If you're in a library - write him a cute note with your number on it.
5. **Ask for Assistance (*remember men like to HELP you*)** - You can ask him a question about something in the local area, ask for directions, ask him for money for the parking meter, ask him to grab something off a shelf for you, ask him if he knows what band is playing tonight. If he's tallish, say you've lost your friend and ask if he can see a woman in a purple dress amongst the crowd? Ask him if the seat near him is free.
6. **The Bold Move** - If you like the look of a man you could straight out introduce yourself and say that you noticed him and wanted to say hi. If he's not interested he'll let you know and then you can say, well I'm glad I asked, I won't die wondering. Or your girlfriend is a lucky lady ☺ Wish him a good day or night and walk away. This approach is easy and bold at the same time. No pretense, just simple attraction at it's best.
7. **Heart Approach vs Fear Approach** - When you approach a man it's important to own it - even if you're mildly or extremely nervous. You could say something like, "Hi, I noticed you from across the room and I wanted to come and say hi", it has to be said from a place of confidence and in a way that you know you're deserving of



a great guy and great catch. Have a twinkle in your eye and even if he says no, still twinkle and sparkle. No one can take that away from you!

Either way, it's still a gamble and a gamble *worth taking*. If the recipient of your attention does not reciprocate, do not feel discouraged by the rebuff. You're a wonderful, gorgeous and lovable woman – keep going and don't make it personal.

There could be one hundred reasons why he doesn't reciprocate or match you in your interest.

No point wondering about it.

Just keep meeting more and more men, there is nothing to lose, only heart-connected love to gain.

Who makes the Next Move?

This is where things can get more interesting.

There's no getting away from it, the second move can be make or break.

It is a double edged sword, too little can drop the ball right there and then, too much can be **too much** for some guys, even if they are not usually scared off by a confident approach you just may chip in on a bad day. FICKLE DATING.

The Key to his Heart & Love:

1. The General Rule

Typically, if the man really likes you he'll be delighted to receive a message or call from you.

If he's sitting on the fence and unsure if he's interested or not, then leading too much of the contact can tip him over to the side of disinterest.

Our minds can play funny games when it comes to attraction:

For Example:

How do you react when you're not too sure about a man?

If from the onset he makes an effort to contact you and get to know you, and after not a lot of encouragement from you he pulls away a little, you'll tend to do one of two things:



a) You'll not really notice or care, or

b) Start noticing him more!

It's the same for men. I know, it's frustrating, right!? Generally if he's interested he'll make an effort and if he's not, he won't.

Nudge him a little – see what happens.

If he doesn't step up let him go. If he does, then that's great.

2. Ask yourself

Are you mostly leading, is he leading? How fast am I moving? Am I making most suggestions, such as; going out to dinner, going away on weekends, meeting friends and family, moving in together?

Men generally like to lead these things. This does not mean that you can't suggest things to do. Just give him space and time to get there too.

If you've waited months and he doesn't seem to take the lead then you may do well by having a warm, loving and open discussion about it.

Too many women have stayed in a relationship for many years with a man who never committed to them. I'll expand more about this soon.

There is no perfect answer and luck more than judgment may play a hand!

Generally, it's best to concentrate on not doing anything blatantly obvious either way. Normally, it should not take too much to get his attention.

The key is to project a "desirable" message.

Don't oversell something that might come off the wrong way such as being too pushy or desperate.

Give him time to respond.

Give him time to step up and if you do contact him make it relaxed. *More about this later.*



THE DATING DANCE

Be a Smart, Savvy & Successful Dater

Dating is pretty much the most crucial part of a courtship. How well you date will determine your love success.

Everyone dates for a reason...

Are you both looking for the same things?

Are you both looking for love and a committed relationship?

Are either one of you in play/casual mode?

I have friends and clients who date and are currently not looking for a committed relationship. That may change their mind in time, regardless; right now they are NOT seeking love.

Even though this is more rare than it is common... it's not unusual.

Most of my single male and female clients genuinely want love. They don't want something casual. They want commitment.

Every now and then and particularly those with children, they may want a break from commitment and only desire something relaxed and casual.

When you're honest about where you're at and the kind of partner you are looking for - then dating becomes a whole lot easier.

Dating Dos and Don'ts

For those of you looking for love, here's a list of some things you can do for more dating success.

The Key to his Heart & Love:

1. **Keep the conversation flowing** - Do not wait for your date to always come up with a topic to talk about. Keep things interesting. If he starts drifting to topics that are uninteresting to you then you can listen or guide the conversation to another topic.



2. **Be Different** – Talk about things that are not the norm, appeal to his heart. For example you could ask – If you didn't do what you do now what would you do? If you could live in another country where would you live? Is there something you've not done that you really want to do in your life? Also share something different about you, an interest or a passion. Such as; you love to visit museums, or you love rock-climbing or share why you love to paint. Share how the things you love make you feel.... 'It feels so incredible to navigate my way up a cliff, I love strategy, and when I am finished I feel really strong and alive. It's amazing!', or 'when I paint it feels like I'm in my own world, nothing matters and I can get lost in it for hours.. I love having an idea and seeing it come alive. It feels so good'. Are you getting the idea? Show your passion and heart.
3. **Dress Appropriately** – I've already mentioned this and I'll say it again - What are you advertising? Flaunting it does not mean that he's going to find YOU any more attractive. What does this man want and what kind of man do you want to attract? If you want a man to see you then let him see **you**, this means don't distract him with the stuff that comes later. You can be both - stylish and sexy! Conversely, you may be extremely conservative or you haven't invested in some new and/or more fashionable clothes in years. Ask a friend who has good sense of style to help you.
4. **Pay Attention** – I know you must be dying to tell your girlfriends how the date is going but looking at your phone and texting shows bad form. It also gives the impression that you are not wholly into the idea of a date. Be present and show him attention.
5. **He's A Talker** – Sometimes when a man likes you or is nervous he can talk like crazy. I know women are supposed to be the more talkative of the sexes. Not always the case. Try not to judge him on it and be mindful to not place him into the self-obsessed category too soon. Next time he may be every different.
6. **Offer To Pay** – Always offer to pay! Men love that. Most men will pay, although you should never expect it. If he buys you dinner, it does not mean that you owe him anything! It's dinner, period! A guy who expects something is a BOY not a MAN. Be appreciative. If a man buys you dinner and starts to grope you or acts as though he's entitled to "something" then run a mile. This is a clear and brightly flashing warning sign!

He says he's doesn't want something serious

When you meet a man you really like and he tells you that he's not looking for a relationship, it feels AWFUL! A dreadful heart wrenching feeling!



It's that most horrible moment...

...your heart almost freezes, you want to act cool like you don't care, and at the same time you're gutted, you can't believe that he doesn't have the same feelings for you as you do him! You know you need to say something in response, but all you want to do is cry.

This moment is extremely important and also emotionally delicate, especially if you like him very much. The good news is that you do have choices and it's really important to have your eye's open with this situation.

What you do will either create more angst and pain in your life or more love and intimacy.

The moment a guy tells you he doesn't want a relationship, although he likes you enough to hang out, is the moment that defines all...

Why would a healthy minded, high value, gorgeous woman hang out with a man when he doesn't want a relationship WHEN SHE DOES?

Women make a huge mistake by thinking one or more of the following:

- He'll change his mind once he spends more time with me
- If the sex is good enough and I please him enough he'll commit to me
- He'll be ready for a relationship soon and I'll be right here, cause I'm kind of like his girlfriend anyway
- He's so nice to me it must mean he likes me...

Sometimes the guy really does like you although the timing is terrible, he's just broken up with someone and/or still emotionally attached.

As per the chapter on 'What Makes Men Wobble?' - Some men won't feel ready for commitment when certain areas of their life are not as they would like it to be, such as; lost his job, not happy with his career, doesn't feel as though he's financial successful enough for something serious, etc. It's still the same thing - he does not feel ready, therefore not wanting a relationship right now.

Following are a list of things you can do with *grace* to address this situation... while also keeping your lovely heart intact!



The Key to His Heart & Love:

1. **Be Grateful** – Show appreciation that he has taken time to be honest with you, if you are wanting a great relationship then be on your way and find a man who's on the same page as you.
2. **Remain Friends** – Can you honestly be friends, no sex, nothing physical, just buddies? Be honest here. If you want more and you're not feeling as though you can accept that you're just friends then it's best to keep a distance. Do this for yourself. This is about self – love.
3. **Casual Relationship** – Of course you can choose the casual path, although I wouldn't call this the path to his heart and love. You cannot go into a casual relationship hoping that it will turn into something more. You have to know that it's casual and you'd be best meeting and dating other men until you meet someone you click with. Do you put all your eggs in one basket. Casual can become more, of course it can, just DO NOT go into to expecting this to happen. It's not healthy for you and most do not end up being more.

So to all of the wonderful women who have fallen for Mr. Non-Committal, the lesson is...

- Listen and hear what he has said
- Pay attention to his actions
- When you know something isn't feeling quite right then it probably isn't

Be strong enough to walk away from someone who doesn't want the same things as you, and do so earlier rather than later. Your common sense would also tell you if you are chasing something futile.

Let's be honest...

We ALL know when something isn't clicking, and yes, we may lie to ourselves about this very deep knowing, yet we'll still know that something is off... it will niggle at us...

If you're feeling anxious then something is out of flow!

You're better off single and available for the *right guy*, *not the guy who you want to be the right guy*.



THE WAITING GAME...

Calling, Texting, Wanting & Waiting

So many women turn themselves inside out wondering what it means if he hasn't called, or they wonder if they should call a man when they haven't heard from him within a certain time frame.

When I was twenty-two I was living in Melbourne Australia and one day when I was running around the Royal Botanic Gardens, known as 'The Tan Track', I met a guy who was training a group of young women. I hadn't been living in Melbourne for long and I really wanted to join an exercise group, so I stopped and asked him if it was a group I could join. He said it wasn't as it was a private professional sports group, so I left it at that.

About a week later on my walk to work I ran into him, he cycled past me, he remembered me and stopped to say hello. The following week he became my personal trainer and within a couple of months it was obvious that he was interested in me. We spoke about it and decided to catch up outside of training for a date.

At first it all seemed to flow, he stopped training me and we began to spend some pockets of time together.

I really REALLY liked him... and he seemed to REALLY REALLY like me!

For about a month, each week we met up a couple of times during the day for lunch and walks, although within a short period of time his behaviour became strange...

He travelled a little for work and he was also a triathlete so he'd go away for events and I noticed his contact was becoming patchy. Something felt OFF.

One morning he text me to say that he'd call me during the day to make a time to catch up that night. We weren't sleeping together so I wasn't physically attached, although the emotional pull was strong for me!

He didn't call and I was beside myself!

I was so upset, hurt and confused... and I felt rejected. Not only was I suffering emotionally, my body felt in pain too. I was devastated.



And even though I was upset that he didn't call me... I was upset with myself too!

I'd known something wasn't right for a little while, yet I chose to ignore the signs. At that time I didn't trust my inner knowing. I desperately wanted him to be the one for me, so much so that I overrode my better judgment.

I was LUST-STUPID and I had bought into the love-fantasy!

So there I was lying on my bed in a foetal position, crying and feeling like I was going crazy. I know this sounds dramatic, yet this is how I felt. I thought that we were at least friends, he had been my trainer, so you'd think that he would have had some kind of business ethicacy and morality playing on his mind...

NOPE, NADA, NYET! He disappeared!

About a month later I met someone who knew him quite well who told me he had a girlfriend who he lived with. He was cheating!

The signs were clear....

- He was not overly **present**
- He was not asking me out on **proper dates**
- His behaviour was **wish washy** and **inconsistent**

This experience was HUGE for me.

I learnt pretty early on in my life that unless a man shows consistent, kind and attentive acts of interest then I **will not** get emotionally involved. This did not mean that I was not open and warm with men, I knew that this wasn't what all men were like, this was just one guy! Simply... it was a beautiful lesson and I needed to be LOVE-Smart!

So....

He may have had real feelings for me or maybe he didn't - I suppose I'll never know and it's irrelevant. What I do know is he lied to me *and* his girlfriend. He mislead me and he clearly lacked the CHARACTER present of a GREAT man.

I did what *so many* women do and I got emotionally attached to a *stranger*.

Now this situation may not directly narrate your present or past situation, yet the lesson is vital:



As soon as you ATTACH yourself to a man...

As soon as you have EXPECTATIONS...

As soon as you birth a FANTASY...

You lose your ability to act objectively and to view love and dating in a healthy way.

Your heart will guide you to love and pleasure. Not fantasy and pain. If you're currently spending time with a man and you feel you're under emotional duress you're probably not listening to your heart.

When a man isn't as attentive as a women would hope for, they become anxious and can presume that the guy doesn't care or that he's lost interest.

This tends to happen more so early in the dating or relationship phase when emotions are heightened and expectations can poison attraction.

When women feel anxious they can act erratically which tends to scare men off.

Men can sense this wanting and attachment a mile away!

But don't worry, heck, we've all been there! So, don't beat yourself up over it!

Focus on what you can do, not what you can't do, meaning...

... be aware and conscious of what's in your control and what's not.

What to be mindful of:

1. Being a slave to your emotions is not advised.
2. Acting in a reactive way is not going to get you the results you desire.
3. Don't allow your insecurities to govern your actions.
4. Moderate how you view the situation and how you communicate with men.

This is the time to consciously step back into self-love, self-belief and healthy heart connected interaction.

The first 2 to 6 weeks of dating someone can be really tough!

There is so much unknown and even though logically you know it's healthy to take one day at a time.



You want the crystal ball! The Love-Fantasy!

Rather than **living in the now**, so many of us want to know the future before anything has really begun.

You may have heard of Helen Fisher, a biological anthropologist at Rutgers University...

Helen is a well-recognized researcher and leader in love and attraction and here she shares what happens in the brain when we romantically desire someone -

"two areas of the brain – the ventral tegmental area, a "dopamine factory" associated with craving and obsession, and the nucleus accumbens, which is strongly associated with addiction – are overactive in those who are love struck"

Meaning, when these parts of the brain are activated during the lust faze and we can experience flushed cheeks, a racing heart beat and clammy hands..

... AND we can lose our ability see the big picture and to act rationally.

So, why is this important to know?

I share this information because it's helpful to know that during this want and desire faze your; emotions, feelings and behaviors have been somewhat hijacked.

They're being influenced by overactive brain chemicals and once you know this it's far easier to make sense of why we can feel so anxious and sometimes feel as though we might be going a little nuts.

Knowing this allows you to take stock of what's really happening for you.

Giving you the ability to be a little more objective, rather than subjective.

So, how do you marry this information with texting and calling?

When you're heart is racing and you're not sleeping properly. When the object of your desire consumes your thoughts - it's easy to lose perspective and become addicted to the next call or the next cute and encouraging text message.

Instead of being relaxed about it...

... every minute and hour seems like an eternity and you wonder if you should call him or text him?

Who should make the next move?



You scrutinize EVERY message and word with a fine tooth comb.

You wonder if there is a hidden meaning behind EVERYTHING he does. You're looking for clues that may indicate how much he does or doesn't like you.

Men DO NOT tend to write in code. They are far simpler than that.

Here are some things you can do to make this early stage a lot easier for you:

The Key to his Heart & Love:

1. **Let him know you're interested** - When he does contact you don't pretend that you don't really like him, take too long to get back to him and be discouraging towards him. How is pretending or passive discouragement heart connecting? What kind of man are you interested in? A player or a guy who's looking for love. Letting him know it feels good to see him or that you enjoy his company. This will be welcomed by a healthy minded man, which leads to...
2. **After the first date** - At the end of the date before you say goodbye you can thank him for a lovely evening (there and then before you part ways), then let him contact you. If he paid for the meal, drinks or most of the outing, then thank him before you leave or if you forget, you can send him a *thank you message* via text. Men love to be thanked and love it when a woman is grateful and appreciative, a lot of women don't send a thank you message and a healthy man will rate this very highly. In this message don't ask him a question, just say thank you or comment on something that happened during the date. If he responded respond back. If he doesn't respond then don't keep messaging him, wait for him to contact you.
3. **Don't over do it** - So assuming he's contacting you most days, just be mindful to not overdo it. You may scare him off and have him running away. If you were to listen to your heart it would tell you to relax and see what evolved organically, rather than forcing it. Go with love not fear, which means to follow the next point:
4. **Match Him** - A healthy guy will make an effort and be confident enough to reach out and ask you out. When he does, make sure you're warm and encouraging and you match his level of interest. The only man you need to make a *driving* effort with, or more than he is with you is with a shy guy. And sometimes it's not easy to discern whether he's disinterested or plain awkward. Once you've given him a clear indication that you're interested, you can let him take the lead. Also, if you know that you've come across as disinterested (when you're not), then you might need to make an effort and contact him to show him you are in fact interested. If a man is super shy or inconsistent in his attention and affection towards you, as time



passes you might need to reassess things. If he has no confidence, he's caught up with his career or personal commitments, or is jaded from the past - then this can make for a very challenging courtship and relationship. When a man wants you and is ready for love, he'll pursue you.

These are some more cheeky messages you can send a guy who has started to make contact with you.

- If he hasn't asked you out yet, although he's messaging you, you could text - "yes, I will ☺" He will most likely respond with, "you will what?", Your answer, "go out with you again"
 - "If you keep doing that you're never going to fall asleep!" He will respond, doing what? You answer, "thinking about me (wink)" (now this message could come across as sexual so be mindful) If he does respond with something sexual... you can text back... "keep it clean Mister... I meant... thinking about me, of course! (wink)"
5. **When To Respond To Contact?** - In reasonable time. If you're busy at work get back to him on a break. If he hasn't contacted you in a while then take a couple of hours or wait till the evening. If he messages you late at night then text the next day. If he's pretty consistent and regularly makes contact with you then as per the previous point - pretty much match him.
6. **He Texts And Doesn't Call?** - Some men are unsure what to do here. The best way to deal with it is when he does call let him know how it feels to speak with him, i.e. - 'It's feels nice to speak with you', or 'It feels good to hear your voice'. To get him to call you could text - I'm "flat out at work, no time to text, how about we talk tonight?"

Following are the main reason why he texts you:

- A lot of men text because they're not clear if you like them, so they'll test the waters that way first
- He works in place where he finds it difficult to talk
- He doesn't want to bother you at work
- He simply prefers it
- He's a Gen Y and it's typical to text



- He's not sure about you and *he's hooking you* in by keeping the communication going without having to make an effort or really commit to anything
7. **Sexual Messages** - If you would like a relationship with a man and he starts sending you sexual messages or certainly very suggestive messages and you've not experienced any physical intimacy yet then you have two choices. 1) Go along with it if you're up for some "fun" or, 2) If you're looking for love then it's important to deflect and discourage these kinds of messages. A man who really likes you and actually wants to get to know you will not send you sexual messages when you barely know each other. Now this does not mean you can't clearly set it straight:
- Simply do not respond to it, let him think about it. If he really likes you he'll realise that he's over stepped the mark and he may apologise, or he'll stop these kind of messages.
 - You can respond with something like, "easy tiger, good things come to those who wait ☺"
 - Or more simple, "Ooh, easy tiger"
 - "I know I'm irresistible... whoa, hold your horses sweetie x"
 - "All in good time handsome ☺"
8. **What To Do When He's Seems To Have Disappeared** - First of all what is disappearing? Two days is not disappearing. If he normally contacts you daily and then he ceases contact then it's okay to send him a little message (See below). If he has a habit of dropping off the radar then I suggest you **do nothing at all** and get on with your life and **do not** sit around waiting. Also, it's good to date other men particularly at the early stages. If a man disappears most often it's best to let him go. People disappear for a myriad of reasons and more often than not it's truly a blessing, just like the guy I met in Melbourne. Much better without him. Trust that he's not the guy for you. The guy for you will be consistent. And some men come back when they're ready, after they have sorted what needed to be sorted.
- Here are some messages that you can send that are *something* but kinda nothing:
- 'I'm wondering how's my number one fan (wink)'



- 'Wow, what a gorgeous sunset'
- 'I had the most delicious....', (let him respond and ask you what was so delicious -i.e. piece of chocolate cake, pizza, smoothie)
- 'I had the most amazing day'
- Send him an image of something that he likes, loves or is interested in. He may have told you he loves strawberries and you're food shopping - you take a photo of some strawberries or a dessert with strawberries on top and you send the image to him accompanied with a couple of words... "I just stumbled upon something lovely", or "My day just got sweeter...".

These messages are just suggestions to get your creativity thinking. Try some of your own and please promise me one thing....

Promise to not turn yourself inside out wondering whether to call or text!

Just FLOW with it... and do not do buy into the Fear-Clash, particularly so in the first 2-6 weeks of dating. Know that it's very normal to experience some inconsistency. GIVE IT TIME to develop.

And an extra tip for you... when you're feeling anxious or stressed you're *going to benefit by* TURNING ON the 'Apple-Pie Technique'! (review chapter 1 and 2)

Breathe, ground yourself, center and move into your heart space!



CAT & MOUSE

The Chase and Playing Hard To Get

Is it the hunt? It is the adrenaline rush? It is the thrill of winning the prize?

Is attraction, want and desire like reaching out to the highest shelf in a grocery store to get the product you want (the one that hasn't been touched), or perhaps saving for months so you can get that dream vacation!...

And when you finally have it in your hands, the feeling is priceless or precious?

Largely, it's the same logic when men are out there pursuing their "prey" which happens to be you.

Some men get hooked to the fantasy of "claiming" the mysterious, the elusive and yes, the sense of the unattainable.

Men have about 10 times the testosterone in their bodies compared to women for a reason - to scale the highest mountains and to fight for what they want! (well, it certainly comes in handy)

Simply put, men like the thrill of the chase, although it's not as cut and dry as you might think...

To be straight up, writing this chapter was in some ways uncomfortable for me...

I knew I had to talk about this topic and at the same time I felt somewhat uneasy because as much as I think we've evolved and developed over the years I still think that there are a lot of double standards when it comes to men and women.

It's supposed to be a modern world and there should no longer be double standards for women when it comes to; dating, sex, career, the amount of money we earn and so on.

The fact remains, regardless of whether you like it or not - there are some things that haven't changed *enough*.

So what do you do!?



Is the thrill of the chase all about men chasing women or does it work both ways? And is the thrill of the chase a game to men or more about being lured by a person of **high value**?

Irrespective of gender... do you notice how we put value on things and experiences that are not so easily attainable?

Our brain somehow gives us the signal to put this stimulus at the forefront by making us want it more, pursue it further. And in certain aspects, nothing seems more desirable than a member of the opposite sex that has attracted your attention and particularly those who seem a little unattainable.

You have to remember that men are genetically coded to be hunters...

They feel it is part of their nature to 'invade and conquer' feeling the sweet surrender when they have you relinquish, AND at the same time men also love encouragement and thrive off of your appreciation and acknowledgment.

Sounds a little confusing, right?

They want to chase and win the prize and they also like a good stroke of the ego.

For those of you who don't know me well, not only am I a professional coach, I'm also a well seasoned dater, and I've coached, researched and interviewed men over a many number of years, and this is what they really think...

In my Men Only Survey, when it comes to dating, you might be surprised by what men said about the kind of interest and encouragement they like to receive from women:

- 45.90% said they preferred a woman who '*Seems super interested*'
- 50.82% like it when a woman '*Shows moderate interest*'
- Only 3.28% of men liked it when a woman acted as though they "*Could take you or leave you*'

In general, men are more attracted to women who display that they like them.

In the upcoming points I hope to put to rest any confusion you might have and to make sense of attraction, want, desire and how to grab a mans interest and also keep it.



Is there such a thing as 'easy prey'?

What's easy, what's not?

Some men won't judge a woman if she was to sleep with him on the first date, other men lose interest after the fact, and some men say that it would depend on the situation.

The thrill of the chase is partially about sex - it also relates to how available you are and how eager you appear.

You might be thinking...

Well my best friend slept with her now husband the first night she met him, they're now married, so why should it matter?

You may also question...

Why do I have to be coy and wait? Why can't I own my sexuality and do as I please? (well you can)

I am here to help you find and keep the love you want, and to connect with men on a deeper heart-felt level.

To do this we sometimes have to play it safe and sometimes playing it safe feels risky - If you fear that a man will lose interest in you if you don't sleep with him on date 1,2, or 3, then he's not a good match for you. Is it really taking a "risk"? Are you willing to eliminate the players, boys and charmers out of your love pool?

Do you want to save yourself precious time and energy in your quest for love?

If you're looking for a good guy then a really great way to find out if he's a goodie is take just that little bit of extra time. Approximately 8 dates should do it!

If finding a true match is largely dependant on waiting about 8 dates before you have sex - then why wouldn't you take this time to develop the stuff that really matters? Are you looking for a shag buddy or the love of your life?

So really there is no risk involved. Have fun, get to know him, kiss and gradually build up the physical contact - don't stuff yourself at the buffet (so to speak). A man who's genuinely interested in you will not mind at all. The ones that are just after *nookie* will retreat - be grateful for that!



In a nutshell - There is no perfect science in this, although there are ways to date and relate that are more likely to deliver what you want, which is a loving, devoted, passionate man! I not suggesting you wait weeks and weeks or many months. JUST 8 (ish) dates!

In the end it has nothing to do with the *thrill of the chase*! It comes down to your true-heart, your true-love-vision, and if I can help you to achieve this with less heartache and confusion then I've done my job well.

The upside is when you take a little bit of time, something delicious tends to happen - you ignite what I named, the "**Romeo Method**"! If you like some romancing, sweet gestures, heart felt attention and affection then this is a great way to unleash the Romeo within the man.

When you get physically involved too soon, it often cuts out this part of a relationship. This time also gives you an opportunity to reveal your "**Juliet**"... the romancer in you! Romance each other!

Have fun with it!

Don't play TOO hard to get!

Believe it or not, if you play the nonchalant, dismissive or 'treat him mean to keep him keen card' too hard, he really will think that you're not interested, and he will find someone who encourages him in a way that is not needy or desperate.

A true player is the only kind of guy, who playing too hard to get will work on.

Believe me when I say - YOU DON'T WANT THAT KIND OF GUY!

This kind of guy will most likely dump you when he thinks he's got you, or replay the cycle over and over again, or for as long as you go along with the game.

So what's the best path to take that will open the key to love?

The Key to his Heart & Love:

1. Show Little Gestures Of Encouragement

Men, like us ladies, thrive from a little encouragement.

Men look for signs of approval. It can be a smile, a touch on the sleeve/arm or hand, or as simple as paying attention to what he is saying.



You can show him just enough interest for him to feel accepted and to make him want to know you more. Spark his curiosity in you and at the same time you need to “dance”...

2. The Dance

Dating and attraction is like a dance, and this is how you get him wanting more of you without you feeling like you’re playing games.

It’s a waltz not the rumba:

- It should be a smooth glide between moving close
- Then periodically allowing space some space between you
- Then holding, you don’t even have to move, just graceful hold or pause a little
- The move closer together

It should never feel forced or contrived. It should feel smooth.

There should still be a connection without feeling like you’re battling with him or over analyzing.

You can still feel connected without rushing or forcing something. This applies to a relationship or in dating.

3. Keep Some Mystery

You don’t want to be a complete open book.

Encouragement is not acting as though all is ‘signed sealed and delivered’.

He also needs to know that you’re the diamond, the apple at the top of the tree, you’re precious and rare... top shelf!

4. He’s A Stranger

Expectations and fantasies are dangerous in dating.

To decide that this new man is the one for you after the first or second date is crazy.

How can you know if a stranger or at least someone you know only on a superficial level is for you?



How someone seems on the surface can vary greatly to who they are in a relationship.

Once you have these kinds of thoughts your behavior and energy changes. The 'chase' and wonder is gone and are replaced by expectations and most often neediness.

To avoid making this mistake, have a think about this:

**** If someone placed 3 bags on a table and each bag was filled with different types of food and they said to you, 'I want you to choose one bag. Each bag contains one type of food and once you choose a bag you need to know that this is the food you are going to eat for the rest of your life'. You don't know the contents of the bags, all you know is what the bag looks like from the outside - One bag is shiny pink, the other one is purple with gold studs and the last bag is a sports looking bag with some stripes on the side. Which bag do you choose? Can you choose blindly and live with whatever contents it holds... for the rest of your life? ****

Too many women allow themselves to be SOLD on a guy before they even know what's in the bag and under wraps.

Are you choosing to invest your heart and sole and future into a guy you barely know?

Just because you're attracted to him does not mean he's good for you. I am saying this because too many people (men included) emotionally invest in fantasies, in strangers.

When dating I encourage you to stay open hearted, have a good time getting to know someone, and take the pressure off. Soon enough you'll know if the "package" reveals the kind of "food" you need for love and longevity.

Don't let the bag determine your interest, wait to see the food!

5. Let Him 'Hunt' You... a Little!

Sounds primitive and certainly animalistic. Although as mentioned before, make sure that he's not a full time hunter or player, because some men are *never* happy with their prey!

- You're not always available - If you're sitting at home night after night, waiting for a guy to call then it would suggest that you're not living to the fullest. Not to



say that you need to be out every night or that you need to always be doing something to feel good about yourself. It's important to engage in life and your interests. A man's job is not to come in and complete your life - a man is a bonus, well a good man is!

- I suggest that if a guy calls you on Wednesday to catch up that night, then you might not be available till later in the week. That said, It's okay to meet up with someone at the last minute, although if it's always the last minute then you might need to gauge your availability.
- If a guy calls you and asks you around to his place at 9.30pm - then it sounds like a bootie call to me. If you would like a relationship then you're not available, suggest another time. He'll get the idea or disappear. Go out for dates. Don't make a habit of saying yes to home dates. These dates typically lead to heavy petting on the couch or more!
- If he's out with mates and he's heading home, he's drunk and wants to see you - this also sounds like a bootie call. Kindly decline or don't respond until the next day. If you're in a committed healthy relationship and you're involved in his life, you go out on dates, and you spend a lot of time together, then this is not an issue. For those of you in the dating faze and looking for love, this is something to watch out for and be smart about.
- Generally a couple of days notice for a date is pretty fair - if he asks you out on Tuesday for Wednesday you can go or you can suggest Thursday, Friday or Saturday.

6. Feeling Anxious

A little bit of wanting and excitement is normal and so is a touch of anxiety.

Anxiety blocks heart connection because when you're anxious you're running from a place of fear.

If you find that you experience a significant amount of anxiety around the men you like then you can do a couple of things:

- Imagine he has a vagina (sounds a little weird, although it can help).
- Have ZERO expectations - expect nothing.
- Focus on what it's important **to you** not what he's thinking about you.



- Date other men until things develop into something more serious. Don't put all your eggs in one basket. Even if you like him the most.
- Remind yourself that he's not the only guy on the planet and it will work out how it's going to work out.
- Remember you are worthy of love, you are a desirable woman and he's privileged to have the chance to spend time with you - you're a gem!
- Ask your friends to support you and get you out of the house.
- Being too anxious could mean that you're investing energy into a man who's not healthy for you. There's no flow and you want him to be someone he's not or you want him more than he wants or likes you.
- If you're generally an anxious kind of person you might need some professional support to overcome your overwhelming feelings. It's not fun feeling tense, nervous, needy, fearful, controlling, self-doubting and so on. Get some help. It can change your life for the better. You're not heart connected with you're in a constant state of stress and anxiety.
- You should never feel as though you need to turn yourself inside out to try and capture the heart of a man.
- Feel into your desire, ask yourself if this man is good for you?
- Are you driven by desire, the unknown, the chase?
- Some women love the chase just as much as some men. You're a beautiful and grounded woman, it's up to you...

...do you buy into unhealthy games or are you healthy in your approach to attraction and the art of connection.



THE MAGIC OF INTIMACY

Into-Me-See

Intimacy is the experience of emotional closeness. Emotional Intimacy is not sexual intimacy. Sex without emotional intimacy and a deeper heart connection is simply sex.

Emotional Intimacy plus sexual intimacy equals an incredibly powerful experience...

The beauty of intimacy occurs when two people are able to be emotionally open with one another, and reveal their true feelings, thoughts, fears and desires.

Men tend to tug of war with intimacy, as to be intimate with a woman they need to feel safe enough to take the risk to show vulnerability, although I know many a woman who is also fearful of intimacy so this topic could also apply to you.

Intimacy is considered a universal human need;

Often without it we have the experience of loneliness and relationships commonly break down due to lack of openness and intimacy.

Men's perceived need to conceal any weakness can meddle with their ability to experience intimacy, since real intimacy undeniably involves some degree of vulnerability.

Men can discard relationships and consequently intimacy because they fear that they will lose their sense of being independent and in control.

True intimacy is not about giving up your independence. It's about connecting with another and remaining connected to one self.

Here are some ways to develop more intimacy with your man:

The Key to his Heart & Love:

1. **Science Reveals** - Did you know that studies have shown that boys are more affectionate and expressive than girls until they reach around school age? At that time, social repression comes into play. This is when boys start filtering their



words, thoughts and feelings, and their desire for human connection goes underground!

2. **Eye Contact** - How can you connect and be intimate with someone when you're not actively looking at each other? The eyes are the window to the soul, or the window to intimacy. It's a level of vulnerability that too many people forget to do. I use this when working with couples - most often they can't remember the last time they "saw" each other. Eye contact shows emotional sincerity, and it also increases our feeling of being understood. So simple so powerful! This then leads to being present. You can't be intimate without being present.
3. **Be Present** - Stop multitasking for a moment and be with your man. Turn your cell phone off or at least on silent, switch off the TV and be together. Don't let technology distract you. I remember I dated a man who hadn't sat at a dinner table to eat for years, that is, until we met. He was a great cook, he'd prepare yummy meals and then he'd want to sit and eat in front of the TV. I suggested that sitting at the table with the TV off would be a nice way to have a chat and catch up. This became our "thing", our time to be together and share our day and what was going on in our life. We're still friends and until this day he eats dinner this way.
4. **Keep it Light** - When you first get to know a man it's important to keep it light and fun. If he feels you have intense feelings for him and he hasn't shown you the same amount of intensity he'll feel pressure. Men run from pressure. Let's face it - it's most likely the same for you! Also, if your relationship has become a little disconnected, try being lighter for a while, try to connect with him by being playful and more energetically buoyant.
5. **Create Common Interests** - If you feel as though your relationship is a little stale or that you're not having any luck talking about what's important to you then get out and do stuff together. Sharing an experience creates intimacy, such as; a long hike, kayaking or biking, a drive to the beach and a swim, yoga class, exercise together before work, see a band, etc. Activities create bonding and when you're out of your normal environment it's easier to bring up topics that are important to you in a more relaxed way.
6. **He Wants To Trust You First** - If a man has opened up to you and you've not been supportive or you were at the time and later you've used this personal information against him in an argument, or to unnecessarily tease him then he'll shut down and not feel safe to be vulnerable or intimate with you. Never strike below the belt. If you want him to stay connected to you, wanting you and remain HOT for you then no striking him where it hurts. If he has done something that is hurtful



then talk about it in a mature way - if you tend to be reactive and you know you're guilty of saying things in the heat of the moment, take time to process your thoughts and feelings. This will allow him to feel safe with you.

7. **Have His Back** - Men like to know that you've got their back. Do not put him down in front of people. Talk him up (not down). Let him know that he impresses you from time to time. Telling his friends how good he is at something is better than saying how bad or useless he is at something. He'll love it and feel all warm and fuzzy about you. He'll feel a heart connect to you. He wants to be your prince and he wants to know that he adds value to your life.



SEX & ALL THAT JAZZ?

Sex of Today

Are you kidding me Nadine, are you trying to tell me that men like sex!? Here I was thinking that men really couldn't care less.

Yes, yes, yes, men love sex. (AND SO DO WOMEN...yes, YOU)

I must say though - as men age they tend to mature and change their approach to sex and attraction. This most likely comes down to a couple of factors.

One is that sex **alone** no longer satisfies them as much as it did when they were younger and their hormonal levels change. Men typically remain wanting and excited by sex, yet for most, their libido is less active and what turned them on when they were younger may not be as titillating now that they value other things.

Secondly, over time a lot of men tend to be more interested in quality vs quantity. Of course this does not apply to all men... although not uncommon.

Also, not every man is the same.

I interviewed a lady who was previously an escort/sex worker and she said that you'd be surprised by how many men just want to talk, be caressed and nurtured.

Yes, they may have sex with the man, except a large percentage of her clients wanted more than that...

They wanted intimacy - albeit paid for, making it largely unauthentic, never the less, that's what they wanted and paid good money to experience.

As for the married men, time and time again the men would share that they did not feel appreciated and that their wife was not emotionally intimate with them. They no longer talked, shared, cared and appreciated each other and that's what they sought from the paid service.

Physically and psychologically sex is not as complicated as you would like to think - men are sexual beasts and studies do consistently reveal that men do think about sex more than women.

How much more though?



Women are also very sexual beings, and often women do not openly admit to this. Most women when they meet a man, they'll instantly size him up and decide whether in the future (near or far) they can imagine themselves naked with them. They may also wonder what his penis is like and what kind of lover he might be? It may be unconscious to a lot of woman, although it's happening. We may not be too different to men after all... well, maybe a little different, yet certainly not planets or worlds apart.

So, yes, men think about sex...

They want sex and they may want sex with you, this does not mean that they do not seek intimacy, love, and connection in a relationship, just as women do.

What differs is that most men view the role of sex differently. Women tend to want to talk first, connect first, then have sex. For the most part, for men, sex is the connection they need to emotionally connect...

Sex is the language a lot of men use to express their tender loving vulnerable side, or it's certainly the place where many start.

It is their language of intimacy and love. It allows them to open up and be the vulnerable man the woman wants him to be. Often times, when a woman feels loved, intimate and safe with her man, she will then become a sexual and sensual powerhouse.

Once a man has a strong physical bond with a woman and feels accepted and valued by her, a man tends to open up more emotionally and can desire sex less than he did at the start of the relationship. It's as though the roles reverse.

So, what happens from here then? What does this mean for you?

Does he only want to have sex with you?

He's talking to you, dating you or in a committed relationship with you, isn't he? Then of course he wants sex with you.

Perhaps the better question would be: Does he want you for anything more than just sex?

So don't just take my word for it... if my survey is anything to go by, it's clear as a bell, men want it "all" too!

Just like you!



They want sex and they also value all of the good yummy stuff that comes with it, such as; affection, kindness, snuggles, tender kisses, sweet glances, adoration, and the list goes on.

In my survey, 77.78 percent of men stated that they are looking for sex, love AND intimacy in their relationship - which confirms what I have been saying all along.

Here are the results:

When I asked men what they're looking for in a relationship, these were the answers I received:

Answer Choices	Responses
Sex	0%
Sex and Love	7.94%
Love and Intimacy	14.29%
Sex, Love and Intimacy	77.78%
Total	

How To Tell If ALL He Wants Is Sex...

This is one of those topics that you would think is obvious, although many women find themselves hooked to a man who does not want what she wants.

So what are the red flags you should watch out for that would indicate that the guy just wants you for sex?

- **He Tells You** - This one is quite obvious, it doesn't get much clearer than that.
- **We Wants "Fun"** - If a man tells you he just wants to have "fun" and does not mention "relationship", he means it. The pitfall: we tend to rationalize and hope he will change.
- **Hounding You** - He's persistent to have sex with you early on in the courtship - this is not 100% indicative as to whether he's looking for a good time or a long time, although it's a sure sign that's he's wanting to get naked with you. A man who's looking for something more will tend to hold off on sex, or certainly won't run if you hold off. A man who's interested won't mind that you want to wait a little.



- **No Sleep Over** – You spend a nice time together, it seems as though he enjoys your company, you have sex and then he leaves, no matter how much time you spend together he doesn't stay over. Of course some men will stay over and still not want a relationship.
- **No Plans** – He doesn't plan anything with you other than a 'hook-up' (or rarely). He doesn't ask you out on dates, he's not introducing you to friends or family.

Men and Sex Today

- **Trying Vs Wanting it NOW** – He'll try to have sex with you, doesn't mean he wants you to give it to him? – This leads back to the thrill of the chase and my earlier points.
- **How much sex is he really getting?** – A lot of women think that because men are supposed to be the more sexual being, then they must be having lots of sex. Most men are not picking up a new woman every week. In fact, most men are not having too much sex at all.
- **There's More To Him Than His Penis** – He loves to be stimulated in other areas, just like you do. Men sometimes get a little bored by the fact that some women forget that there's more to them than an erect appendage or a sometimes flaccid one that needs exciting. Most men are highly responsive to other areas of their body being touched. Give some love to his; nipples, chest, waist, neck, back, inner thigh, testicles or the perineum. Your man will love this attention and have him more and more excited and connected to you. Sex is an important part of a relationship. When you add variety, he'll just love it and love you for it!

What men think about your Vagina

I'd like to start with a story from history – a time when there were no designer vaginas, when women were considered more beautiful the more fuller figured they were. It goes like this...

There is a famous story of Napoleon writing home to his wife, Josephine, "I'll be home in three days. Don't bathe."

To men of our earlier generation, the natural scent of a woman was an intoxicating aphrodisiac that drove them wild with desire. And there are still men today that love a woman to be more natural and womanly.



It seems almost silly or ridiculous to be writing about this topic...

Why would I be writing about women's vaginas when you're trying to connect with a man's heart???

The reason being, when a woman is not comfortable about her body, her vagina/labia, then she tends to lose her confidence and power.

I want to ELIMINATE every single insecurity or nuance that could be affecting your confidence with men.

Too many women think that men may judge them or dismiss them based on the appearance, scent, and even taste of their hoo-hoo.

In my survey the results were quite interesting:

A large percentage of men really didn't care too much about what the woman's vagina/labia area looks like. One man said that "in the dark they're all the same". As far as hair goes, some men did prefer no hair, although the majority were happy with the pubic hair being neat and trim.

We like a man who showers and keeps himself clean and men like their woman to do the same.

Many years ago women's genital aesthetics were never a point of conversation and insecurity. 'Bush' was normal and men still loved vagina... and there was no such thing as labiaplasty surgery.

To all the ladies reading this who at times feel self conscious about the appearance of their "flower", I can assure you most of you have nothing to worry about (that is unless you're experiencing any discomfort or pain - then please consult a professional).

I know of two women who've had a labiaplasty procedure and both of them after the operation realised that it was unnecessary. One of these ladies told me that her partner, albeit reluctantly, shared with her that he preferred her labia before the operation.

I've also heard of a woman who had a labiaplasty, where the doctor removed too much tissue and sex became unbearably painful because there was no longer enough skin to stretch out during sex and she would tear. Ouch.

Don't mess with nature ladies. Love your body!



Look after your v-jay-jay, keep it healthy, get regular check ups and keep safe. You're all similar and different, just as men are!

Focus on what matters... the heart matters and how he feels when he's with you and how you feel when you're with him.

The Key to his Heart & Love:

1. **Start Loving Your Body...** and exploring your sensuality. Men love a woman who likes who she is, what she has and embraces her body – regardless of her size, shape or height.
2. **Withholding Sex...** is a no no. Do not play games and try to control him this way! Talk about your issues in a healthy way, be solutions focused. This way you'll keep the sex alive and passionate without the emotional power-playing games. Sex gets better when you resolve your issues effectively. It's difficult to have good sex when one or both parties are upset with the other. Sort your gripes out!
3. **Flirt...** with a man outside of the bedroom. If you've just met or you've started dating then flirt wisely, avoid flirting in an overtly sexual way, keep it G or PG Rated (attract the right guy). If you've been together for a while and you're in a sexual relationship then you can be more direct. i.e. Tease him before he goes to work or during the day. Build up sexual tension this way. He'll be dying to get home and ravish you.
4. **Regular and Great Sex...** is a powerful way one to stay connected! It's not the only way, yet undeniably, it's an intoxicating, invigorating and intimate way to BOND. Learn to embrace your sensuality and sexuality. You are supposed to feel good after sex, if you're not then something's amiss...
5. **Fulfil His Fantasy...** with the "Pleasure Amplifier"... There are 4 words that will pique a man's interest and have him blazing for more of you and these 4 words are: **Tell Me Your Fantasy?** Men love spontaneity and variety and one way to get a man excited and intoxicated by you is for you to join him in fulfilling his fantasies. Now, some men's fantasies may not be your cup of tea and you should never have to do something that goes against what you value. Although many men have fantasies that could be easily granted that rest within your comfort zone (or just a little out). I am not suggesting this is something you do with a man you've just met. Fulfilling sexual fantasies is something that I suggest you explore more so with a long-term partner. Trust needs to be present and I don't suggest you allow a man you barely know to tie you up and have free reign of your body. Nor do I suggest



you do a home movie with someone you've only known for a number of weeks. Be sensible and mindful.

6. **Dirty-Talk...** is something a lot of women do not feel comfortable with. In fact, dirty talk could be your guy's fantasy; something that flips a switch and makes him go crazy with desire. Perhaps a better name for it would be Sexy-Talk or Passion-Talk? Because for some women "dirty-talk" is controversial... it can mess with their heads and heart. You may think; well if he really loves me then why does he want to say those kinds of words, or perhaps you secretly like it but worry that it's degrading or "bad", or that he might think less of you, or if someone overheard you they might think you're whorish, or maybe you think that it sound silly? With that in mind, there are different types of "sexy-talk"; some is outright Triple X Rated and some is more of a mild, M Rated. In truth, a lot of women like some hot and passionate sexy-talk, and as a result they can experience increased desire and pleasure. So, it may be controversial (for some of you), yet it can be extremely liberating and exciting! *Note of warning:* If the man you're with hasn't used any Sexy/Dirty-Talk with you then certainly start off conservatively and see how he responds. Ease into it.
7. **Show each other attention, appreciation and affection** – Dr. Sheri Meyers is a well known Los Angeles based therapist and writer who I happen to know and she calls this the 3 A's and if you want a relationship to flourish then you've got to treat each other in a way that promotes an emotional and physical bond, daily! When you look after each other in your every day life – you'll be amazed at how much better your sexual connection is! How can you show your partner some attention, appreciation and affection EVERY DAY? These actions can be verbal and non-verbal.

In this chapter I have covered quite a lot of different topics around sex. Take on what applies to you and discard what does not.

Heart connected, fulfilling and intimate sex happens when two people firstly **like** and **value** each other.

When you know how to treat each other with love in the bedroom and out of the bedroom, you've then got the foundations needed for great physical and emotional intimacy, and never confuse sex for love.



FIBS & FOUL PLAY

Overcoming Lying, Cheating and Deal-Breakers

If a healthy, intimate and loving relationship is all about heart connection, honesty and vulnerability... then why do people who say that they love each other do things that can damage a relationship? Sometimes the going gets TOUGH.

There are some things that can break down a relationship faster than a speeding bullet and they are - lying, cheating and in some cases pornography.

Men lie, women lie, some men watch porn and so do some women, and both women and men cheat.

It seems that there is more focus on men doing these things than there is focus on women. I wanted to start by making this clear as I think woman can have double standards around these "issues".

Research clearly indicates that women are cheating more than ever before - men may still be at the top of the leader board, although women are a close second. The gap is certainly diminishing.

So if you're cheating you're certainly lying to cover your tracks...

Here's my truth:

Sometimes when I'm in a sticky situation I think of ways I could lie to get out of it...

I clearly remember a day when I was getting ready to head to the office and my phone rang...

It was a Friday and a close girlfriend who I hadn't seen in ages was in town for 48 hours. She wanted to catch up and she had one free window to see me, which happened to be Saturday morning.

I was in a new relationship with a man I really liked. We had planned to get up early on Saturday morning to head to the beach for a swim and brunch.

I was torn.



I really wanted to go the beach with my man and at the same time I really wanted to see my girlfriend who I may not see again for another 12 months or more...

So there I was thinking about how I could get out of it without feeling like I was letting him down.

This was a pattern I noticed I had - I would make up an elaborate story in my mind, then stop and think how ridiculous it was and opt for the truth.

I called him and said -

"Hey Babe, You're never going to believe it..."

One of my best friends is in town, she's surprised me and the only time she can catch up is tomorrow morning...

I know we have plans...

I was so looking forward to waking up early with you and enjoying our day together... and I also want to see Katie. Do you mind if we make it Sunday or the following weekend?"

He understood.

I don't normally change plans. It wasn't a pattern... and we went to the coast the following weekend.

I told the truth. All worked out.

I'm all about honesty and in my life I've never been called a liar. It's still interesting that sometimes, albeit rarely - I'd do this little truth/lie dance.

We all know that the truth is the best option, sometimes it seems easier to lie...

... or is it?

Lying and cheating make for a messy life, and are not what you'd call loving and heart promoting behavior.

Liar, liar Pants on Fire

Now let's talk about men and lying...

Do men lie more than women? Why do men lie and what do men have to say about this?



I have researched this at length and the men provided me some candid, honest and yes, a few shocking answers. Here are the top answers:

- They don't want get in trouble. Whether it is to protect themselves or spare their partners from being upset, fact of the matter is, telling the truth can lead to hurt feelings. And most men would take pains, and yes, lie, to avoid this.
- They do not like drama that comes from hearing/telling the truth.
- They may not be sure how to articulate what they are really thinking and feeling, so they inadvertently lie to escape an uncomfortable conversation.
- Because women lie too - yes you do!

The Key to his Heart & Love:

1. **Invite Honesty** - Given all that information, perhaps we can assess how we are as partners. When we ask our partners a question, and he gives a "truthful" answer, how do we react? Do we actually listen to what our partners tell us or do we already have that preconceived thought of what we want to hear or what something means?
2. **Be Thankful for his Honesty**- There are no easy solutions. We can, however, listen more when our man is talking and be less dismissive. Show your appreciation if he tells the truth, even if it hurts a little. This way, you encourage a more open communication and honesty with your partner. Communicate from the heart not fear - fear means you personalise what he tells you and you become reactive. Communicating from the heart and love will allow you to receive the information. *More about this in the chapter on Verbal Expression.*

The Truth About Cheating

This is a controversial topic. A lot of men believe that he is genetically mapped to be the protector and the provider of the "herd"...

The idea sounds Jurassic but that thought hasn't really changed for the last 3 billion years.

Most males have this notion that their prime obligation is to protect and to provide. Anything outside of that is a bonus.

Does this mean that fidelity in relationships is just an option for men and not an obligation?



So let's explore why men cheat and what to do about it!

1. **Appreciation or lack there of** - Emotional disconnection or dissatisfaction. Men like to feel valued, appreciated just like us women. A study on why men cheat show that 90% of the reason why they cheated on their partners is the feeling of being unappreciated. Men are emotional beings although they often don't seem like they are. As you now know, men have insecurities too. Making them feel strong, capable and powerful would make them less likely to stray away. Couples should make an effort to feed and nurture reciprocal appreciation *daily*.
2. **It's not all about the sex** - Do you know that a significant portion of cheating men would choose someone who were in no better shape or more physically attractive than their partners? Men seek the company of someone who compliments him, admires him, and allows him to feel he has accomplished much instead of magnifying his faults and nagging him about it. Be warm and radiant...no one wants to go home and lie in a cold bed with a partner who is just as cold.
3. **The opportunity was there** - It may sound a bit ridiculous but some men do not have the ability to say No. He was in situation where he had the opportunity to have sex with someone without getting caught so he took it. Some men and women cheat and they may never stop, or certainly don't intend to. They may be VERY happily married and still cheat. Some women accept it and turn a blind eye and some women are clueless. I suggest lots of counselling.

Men and Porn

There is always that old argument about how men are hardwired to want more sex and tend to be biologically circuited to respond to porn, to be visually stimulated, ergo the "excuse" to watch porn. Most men say that watching porn is never personal. It is not about you or your relationship.

You may want to understand a little bit more on what drives your man to be part of the ubiquitous club of porn - watching:

- o Control. With the thousands of varieties that are offered with a push of a button, men get their idea of sex and how he exactly wants it.
- o Porn never says 'No' and does not criticize. It can be a bit deflating if a man gets to be rebuffed when he is in the mood and women are not. So some men turn to porn instead to ease the sexual tension.
- o Most guys consider it a normal, healthy activity that does not do anyone harm.



- Most men who watch porn agree on one thing: Porn watching is never a substitute for real intimacy. And while we're talking about porn, women also watch porn, although most women are better at hiding it!

Watching a bit of porn is one thing, there are men (and women) who are addicted to porn and it's those who are addicted that sometimes grow emotionally distant to their partner.

Porn can affect the brain and the senses and when it's obsessive it needs to stop.

This is what to do if your guy is watching a lot of porn...

The Key to his Heart & Love:

1. **Drop the blazing guns** - Make sure you approach this with maturity and openness. If you go at him with guns blazing - if you try to shame him, blame him and not communicate with tact and grace you could create more disconnect and he's most likely going to shut down.
2. **Seek to understand** - If you find it unsettling that your man is watching porn, talk to him about it. Focus on why it makes you feel uncomfortable rather than ordering him to stop watching it. Find out what is so appealing about porn to him? You might be surprised as to what is revealed. He's watching it for a reason so find out what it is. And what you might not know is women do watch porn too, lots of them, maybe you do too. I have a girlfriend who often watches porn when her partner is out of the house.
3. **Ready to change** - Sometimes the female is dealing with a man with an addiction and most often the woman really cannot do too much until he seeks professional support. That said, if he reveals that his interest in porn is largely due to lack of physical intimacy or other issues in the relationship then both of you will have some growth steps to take together. Easy to do if you're both committed to doing so. (see chapter on Sex)



KEEP THE FIRE FLICKERING

Lasting Attraction

Lasting attraction that leads to commitment has more to do with who you are... more so than anything else.

What ignites initial attraction can *vary greatly* to what creates a *lasting love and attraction*.

What keeps people together is not always the same as what draws people together - well not when it comes to a healthy relationship.

If you wish for a relationship that continues to grow and develop and for your man to be mesmerised and 100% committed to you then this chapter is going to greatly help you.

Lasting attraction and long standing heart connection with a man just doesn't happen....

Well, that's not completely true...

... it is possible to meet someone and from day one the courtship and relationship works - it's passionate, loving and intimate, revealing a connection that grows stronger and stronger with seemingly little effort.

The reason for this is that these two people both know what they want, need and value and they're both healthy minded enough to communicate and grow together. This does not mean that they don't have things to work on, it means that they both do 'relationship' with ease.

They know how to love well.

Let's Start With You

No one should rest of their laurels.

I was watching the TV show, The Bachelor, and on the first night before the rose ceremony the Bachelor gave a particular girl the first rose.



He gave it to her because he was impressed with her, and much to many people's surprise he sent her home the second week.

So, what does this mean?

A man can be instantly attracted to you and then lose interest just as fast. In this case he lost interest because when he tried to connect with her after the first meeting she didn't engage with him, so he let her go.

When a man takes a banana to eat from the fruit bowl he wants a banana. When he peels the banana he does not want to find a carrot or a peach.

He wants to enjoy a banana.

It's like this for men with women, lasting attraction and commitment...

... he wants the surface of you to match the core of you.

The Key to his Heart & Love:

1. Be Your Best – Deal with you're stuff. I have often heard men say -

- I love her, **but** she's really jealous about other women, I don't feel she trusts me.
- I really like spending time with her, **but** when she keeps asking me how much I love her I just want to run.
- I love her, **but** she keeps nagging me about....
- When I hear her discussing all aspects of our relationship with everyone else I feel uncomfortable. I don't feel as though our relationship is private, it feels as though too many other people are involved.

We all have personal insecurities or traits that need some attention at times. When you change everything around you changes!

2. Take Responsibility – You'd be surprised how much of a turn on this can be for men. A woman who can admit she may have stuffed up, that she can see his point. A woman who knows how to be part of a team and work with her man is a woman a man wants to be around. It warms his heart and he'll feel safe around you. Men want to feel they can trust that you're going to be fair and also treat him well. Some woman when upset or when their buttons have been pushed, can easily 'flip out', be erratic and say horrible things to their man. This normally puts them at an



instant disadvantage, a man will close off and it can take sometime for him to feel safe again (if ever). See chapter on Verbal Expression.

3. **Him Treating You Well (Boundaries)** - A good man with solid values loves a woman who knows how she deserves to be treated and this also adds to the thrill of the chase. Men who don't have good character, who are shooting the breeze and not serious about you, won't like a woman who has healthy boundaries. A MAN who is interested in love and wanting a committed relationship will respect and be attracted to a woman who gracefully draws a line in the sand. Men respond to clarity and boundaries, boys don't... a good man will know that he's got to treat you well to keep you. He'll step up or run away. If he runs, then that's fine, let him go.
4. **Jealousy** - Being jealous for no reason and being nasty about other women is a turn off for a healthy man. It's not going to allow for attraction to fire - 'jealousy killed the cat', and jealousy kills lasting attraction! If you live from your heart and you believe in yourself then there's no room for jealousy. For a man to be personable with other women is not a deal breaker, although oogling and googling is not okay. If he takes it too far or makes comments about other women that seems inappropriate then nicely tell him how it makes you feel. Healthy lasting attraction cannot be achieved with irrational behaviour. Communicate, work it out or do without. If your guy continues to inappropriately flirt/encourage other women then I suggest you have a good think about what you value and what kind of relationship is important to you. (I go into more of this in my Never Lose Him Program)

Men Love "RESPECT"

(As per my formula => $(N+R) \times S = D$)

When a man is getting the respect that he needs from his lady, he becomes more motivated to become a better person and to be more loving towards you.

This is a huge WANT for guys, they thrive off of it, although, before I proceed I would like to clarify that respect can mean different things to different people...

For example:

What you might find to be disrespectful, I may deem as perfectly acceptable and vice versa.



Knowing what your partner views as respectful and disrespectful will make the whole "respect" thing much easier for you, and of course this allows the two of you to experience the ultimate - heart connection through communicating your wants and needs.

Further more, it's said, some men would even choose to be unloved rather than be disrespected! Which would indicate that "respect" gives them a feeling of being valued, considered and appreciate and therefore more loved too.

When men feel disrespected they tend to withdraw... exactly what you don't want him to do! You want him to show you love and appreciation too.

Having said that...

...here are some common things you can do that men will find respectful regardless of his specifics.

The Key to his Heart & Love:

1. Do your best to understand his reasoning even when you disagree.
2. Show him that you are also interested in things that matter to him.
3. Give him some space to pursue his hobbies.
4. Seek his advice when you are faced with challenges - maybe not all the time, sometimes.
5. Let him do things without picking at him or trying to control his way of doing things. For example:

**** I remember a girl who attended a workshop I was running and she told me that when her husband helps her cook she gets annoyed with the way he preps the food.*

The example she used was 'tomatoes'... He didn't cut them the way she liked.

She would get annoyed with him and tell him he was doing it wrong and would tell him to get out of the kitchen.

He was lovingly helping her and she was making him wrong.



He felt undervalued and disrespected. She realized that she was power-playing and it was her lack of self-worth that was fueling her need for control and belittling.

Once she realized how detrimental this was to her relationship and to herself she stopped.

*She realized that she didn't need to be "better" than him in the kitchen to feel good about herself.****

6. Don't sweat the small stuff. Ease up on critiquing and criticizing him. Criticism can come across as contempt. Not too many people are too eager to come forward and open their heart when they feel criticized, particularly if it's a regular thing. Also, constant little digs apply to this point. Even if you say them in a joking fashion, they still feel like little jabs and over time they wear thin. This leads to my next section...

How to keep him engaged

1. **Appreciation And Gratitude** - There are women who unknowingly or perhaps even intentionally act in ways that bruises a man's ego. Sometimes without really intending our guys can feel inadequate. There are also times when we do not seek their support, we take their opinions for granted and we fail to acknowledge them.

We can show our appreciation in a myriad of ways. Here are some:

- Saying 'Thank you'. It is sometimes the simplest yet the most neglected gesture because we have grown too familiar with someone.
 - Avoid harsh criticisms and scathing remarks. There are other ways to address challenges.
 - Recognize their efforts no matter how small or minor.
2. **Men Like To Feel Needed** - As per the first part 'Men's Insecurities', men love to be around a woman who needs them in a healthy way. Again, wanting to feel needed is totally different from being needy and clingy. Yes, you can definitely hold on to your independent woman membership but try not to flash it every time and everywhere you go. If you have a good relationship with a man who is worth keeping you will find that you won't have to fight too much for your independence.



3. **Men Like To Be Kept On Their Toes** – So, you are finally dating the man of your dreams. You think everything is doing wonderfully well when suddenly he is not so interested in you anymore. You wonder what happened...where did you miss a beat?

It is not so much about what you did wrong. It could be perhaps you have become complacent. You worry that he may have taken you for granted. Fortunately there are ways for him to be constantly intrigued by you. Here's how you can turn the situation around:

- Keep a bit of mystery and intrigue in the relationship. Maintain just enough of your own personal space and privacy. Make him want to know you more.
 - Do not fall into a routine. Try a little spontaneity. Suggest doing something you don't usually do. Or do something on your own that's new or revisited.
 - Look after yourself. Perhaps modify your personal style a bit. You do not have to do anything drastic. It will keep him intrigued. Some women let themselves slip once they get cushy. Don't forget to wear some sexy knickers, keep fit, and splash some color, be it; clothing or lip-gloss.
4. **Men Love Nurturing** – The pressure of being the modern woman can take its toll and make us too independent. But when asked, men like women who offer gentleness and warmth. They like our sensitivity, softness and tenderness. I believe we can retain our independence but at the same time show gentleness and femininity.

Most men respond to the feeling of being nurtured and openly greeted with love. Here's how you do it:

- Give him a casual touch. It does not matter if you reach out to remove a piece of lint off his collar, place a hand on his arm or flash him a lovely smile... he'll feel the warmth.
- Show your affection. Cuddle more. You can hold his hand and snuggle up close when you watch a movie.
- Give him a neck rub without expecting anything in return.
- When you are mad at him, do not give him the silent treatment.



5. **Surprise Him** - You do not really believe it when your special sweetie tells you he does not like surprises, do you? It does not have to be big or expensive. It is the thought AND the message that counts: He IS important.

Be creative. Be Simple. Be Cute. Be outrageous. Your mate will appreciate the sweet gesture. Here are some inexpensive ways to make your partner he is special:

- **Give him a wink** - Whether you are seated across a restaurant or at a party, wink at him and give him a slow smile.
 - **Compose naughty/love notes** - And leave it on his bedside, pillow or in the pocket of his jacket.
 - **Bedroom change up** - Occasionally surprise him by doing something a little different. A new outfit, A new sexual position, entice him into a warm bath, give him a massage without wanting one in return, Give him his wake up a call with some surprise oral sex action. Go ahead, ask any man.
 - **Learn something new** - Read something about a topic that's of interest to him and share what you learnt or ask him his opinion.
 - **A sweet treat** - Buy him a little cupcake or an ice-cream, coffee or something you know he likes. It could even be a magazine. Once in a while show him you're kind, caring and thinking of him.
6. **Have Fun Together** - Do you know that couples who laugh more are finding more satisfaction in their relationships? Playing and having fun is not just for kids. And the way we can be so engrossed with work and get stressed, I would say that adults need it more!
- **Laughter** - Laughter and humor seem to have a buffering effect especially when conflict is on the rise. It is a balm in diffusing tension. One renowned neuroscientist mentioned in his book, *Laughter: A Scientific Investigation* (Penguin Books, 2001) that "Laughter is not primarily about humor but about social relationships."
 - **Break the Routine** - Put some fun time in your routine. Playfulness can give that boost to you and your partner's passion. And you can make you relationship more satisfying with the following 'ticklers':
 - **Be less defensive.** Interrupt the struggle on who's right or wrong. Next time your mate says something that is a little bit uncomfortable instead of getting



defensive, try to respond with something funny. Be forgiving when he offends you unintentionally.

- **Play games with a naughty twist** - Come up with your own sexy version of Truth or Dare. Or put the phone off hook, serve tequila and play Strip Poker!
- **Laugh more and complain less** - Next time you are tempted to say something negative, take a deep breath, grin and try to see the funny side of it.
- **Learn a new hobby together** - Or perhaps a new skill or a different language. Boredom can be a killer of relationships. You need to introduce something new into the partnership to make things more interesting.

7. Be Romantic, Loving and Intimate with you too? (meet your own needs)

This point links back to chapter one. What can happen in a relationship is we can disconnect from ourselves and this can affect lasting attraction. Sometimes we can resent our partner when we're the one who needs to look after and "feed" our very selves with more love and kindness. A man can only satisfy so many of your wants and needs. A man should not be *your everything*. There are some things you have to do for yourself and without him. No man is responsible for your happiness.

Be His Lover, His Woman... NOT His Mother

Men do not want a woman who mothers him!

A man doesn't mind being cared for, although wrapping him up in cotton wool, fretting and trying to think for him is pointless.

If you're the type to:

- Remind him to do most things
- You're constantly picking up after him
- You speak to him like he's a child...

Then he's not going to like it. A man doesn't want to have sex with a woman who reminds him of his mother. And men who feel "mothered" get turned off. They don't feel particularly masculine.

I suggest you look at your need to mother a man.



This is something that you must address within yourself...

Ask yourself - what drives you to fuss?

In the long run it's more exhausting to "mother" than it is to stop and let him live how he wants to live.

Here is what the men in my survey had to say about this topic:

Do you like a woman who mothers you and does everything for you – reminds you to do things, cleans up after you?

Answer Choices	Responses
I Love it	2.56%
I love it at first then I feel smothered and as though I'm a little boy - I get annoyed and pull away	0%
I don't mind it from time to time - not all the time	82.05%
Don't like it at all - it feels controlling, I don't feel masculine	15.38%

Lasting attraction is easy once you have a couple of secrets up your sleeve!

When you have a good relationship with yourself then having a fulfilling heart connected relationship with another is easy.

Never forget most men want loving and lasting attraction too.

Add some spice, fun and play and some good healthy communication in the mix and all should be fine and dandy.



MR. HOT & COLD

Pulling Away and The Distancing Man

This seems to be the most challenging subject for most women in dating...

I receive a flood of emails from woman saying that they met a guy who at first seemed super interested who became hot and cold... or, their once attentive husband is now emotionally distant and she has no idea how to get him back.

I've already covered several topics that relate to this and you may have already picked up and taken on board some tips to overcome these challenges. I'm now going to explore a little further into to the frustrating, pull you hair out phenomena of men why men PULL AWAY.

Once you have clear understanding you'll know what to do that will bring him back and better than ever.

Do all men pull away?

Everyone has the ability to pull away or want some space and not all men pull away in a way that feels hurtful or as though they're playing games.

In my survey, some men shared that they'd rather talk about the things that caused them to feel as though they wanted to retract, although a lot of men don't know how to express themselves which sees them hiding. And sometimes the woman in a relationship withdraws or pulls away more so than the man.

The fact remain... men can make a habit of withdrawing.

I strongly believe that this has more to do with how emotionally evolved a man is and also how receptive his partner is, meaning...

... are you communicating and listening to him?

... are you valuing his feelings and perspective?

... are you able to work as a team?



Some men are great at relationship and some are not, some women are great at relationship and some are not!

How do you contribute to the situation?

When a man pulls away, the often all consuming and self-defeating questions are:

- Did I do something wrong?
- Doesn't he like me anymore?
- Am I not enough for him?
- Is there something about me that turned him off?

The minute you make it all about you is the moment you become ineffective. Yes, you may have done something, although if you go by what my research reveals, more often than not there are many reasons as to why a man withdraws.

Let's have a look... The question asked was:

When you've met a girl that you like – if you start to pull away, why do you normally pull away?

Answer Choices	Responses
She's coming on too strong (needy)	35.71%
I like to see how much she likes me so I distance myself to see if she will make a move	23.81%
I feel I might not be good enough (physically, financially, emotionally, personality)	14.29%
I get scared of losing my freedom	9.52%
I really like her and at the same time am questioning if I am ready for commitment	16.67%
Fearful of getting hurt	16.67%
Most often she's done nothing, I may be taking a little step back to collect myself before I reconnect	33.33%
Total Respondents: 42	

As you can see, there is a whole range of explanations as to why he might withdraw and sometimes you won't know why.

1. If he thinks you're already needy and you ask why he's withdrawing or seems less interested, he'll probably withdraw more. Yes, you do need to do something here. You need to follow much of the information I've provided in my previous chapters.
2. If he has pulled back to check to see if you really like him, and wants you to make the next move or two, then he'll love it if you contact him. That's what he wants you



to do. Because you mostly likely won't know he's distancing to see how much you like him, you won't know what to do! In fact, you'll probably think he's lost interest.

3. If a man doesn't feel good enough he'll most likely need a lot of attention and validation from you at the beginning and during the relationship. Men who do not feel good enough can be difficult men to date for a number of reasons. Just like a woman who does not feel good enough, they can bring a lot of unnecessary drama or disconnect into dating or a relationship. With this kind of man you may need to run after him a bit or a lot - the question is, do you want to run after him? Is it worth it?
4. If he's feeling as though he needs to collect himself and needs to step back in order to move towards you again then you could probably still contact him and he'll be fine.
5. If he's scared of losing his freedom, and you contact him too much it will further trigger his desire for freedom - potentially resulting in more pulling away. You've got to be careful here.
6. The man who's fearful of getting hurt, may just need some space and he may come back or he may be too scared to actually connect intimately right now.
7. If he really likes you and is also questioning his ability or want to commit to a relationship (this is not about you) then encouragement could bring him closer or push him further away.

Let me demystify the 'pulling away' phenomenon a little more...

Be Prepared To Lose Him

The number one tip that will have him coming back to you is you have got to be prepared to lose someone in order to bring them closer.

This is about your heart.

If a man is not stepping up, if a man is not making an effort with you, if a man blows hot and cold, then the only person who you can have some control over is you.

This is the moment when self-love and worth will be your greatest supporters.

You must listen to your heart...

Does your heart tell you to chase or lean back?



Does your heart tell you to pursue or to love you and focus on your life?

For example:

*Have you ever really liked a man who seemed keen and then kind of pulled back? You keep thinking about him and you're dying to call or send him a message and as you're writing the message you know that you're pushing it, that you probably shouldn't. Before you know it you press send and it's done, or you call and it goes to messagebank. You feel better for a moment and then 4 hours pass and he has not responded. This is the cycle you've got to break. The anxiety cycle. Doing something to break the feeling of anxiety is rarely fulfilled by contacting him, it normally creates another cycle of anxiety. This is when you need to engage more in your **complete life**. And as I mention in the Calling & Texting Chapter; if you must contact the guy, at most, send him ONE message, that's it! If he can't take the lead, then it's time to be prepared to lose him.*

When a woman fears she might be losing a man she becomes hypervigilant... she starts engaging in the fear-clash (see chapter 2)

... she tries really hard to get him to connect with her, she can wreak of desperation and obsession and he'll feel controlled and under pressure.

Men have a strong aversion for pressure...

If he gets a whiff of it from you, the hairs on the back of his neck will rise, like an unhappy cat.

The ground becomes shaky and the woman tends to stumble under the weight of her insecurities, expectations and unhealthy attachment.

The way to stand firm is to be unwavering under uncertain times. The woman has to be certain of one thing and that's herself.

The best way to deal with the above seven reasons why a man pulls away is what I call the ever powerful, sanity saving and love promoting - "3 W's".



These 3 W's are simple to follow love and intimacy secrets that will assist you to "bring your man back"!!! (It works for those married, in a relationship or dating)



WHOLE

WARM

WITHSTANDING

Whole

No man can make you less than whole. Never forget this.

Remember that no matter whether he's hot, cold, close, distance, loving, kind, disinterested, or gone incognito – you are 100% whole.

You are always worthy of love. When you believe this you'll be far more successful at navigating these moments.

When you know you are whole you know what kind of relationship is good for you and healthy. Sometimes when a man pulls away it's a blessing in disguise.

When you feel complete and whole you'll know what's important.

Warm

You might be thinking...

'why would I want to remain 'warm' when this guy keeps pulling away!?'...

'Nadine, I feel hurt and frustrated and now you're telling me to be warm! I want to hit him and yell at him and now you're telling me to be the opposite to how I really feel.'...

To be warm is very different to being a pushover.



You can still lay down some healthy and clear boundaries and remain heart felt and authentic.

You can still talk to your man about your concerns and ask him why he's pulling away and still be approachable and heart connected.

It's up to you...

Do you want him to be receptive or to run? Do you want him to listen and share or to hide? (Don't do "school teacher" on him!)

Withstanding

To be withstanding means to remain undamaged or unaffected by an event.

This point relate to the first 'W' of being 'Whole'. When a man retracts you can fall into a heap and be easily dismantled or you can be strong, graceful and able to weather the storm.

Being withstanding will allow you to put your best foot forward and allow you to hold the key to love without dropping it.

Withstanding means that you won't give in to your emotive impulses...

When he pulls away you'll not chase him. You may still have contact with him, although you won't force yourself on him.

If something doesn't work out, you won't fall apart. You'll remain resilient - a glorious, beautiful deserving woman.

You learn as you go along and you act with grace.

You're Married And He Pulls Away

Sometimes your husband just wants some space for no apparent reason. Sure, you might be nagging and he needs a breather, sometimes he's just consumed by other things.

I also asked this question to the married men in the survey and here are the results.



Answer Choices	Responses
Give you some space and you come back to her	26.83%
It's not about her, you're processing stuff - give you space and be understanding	60.98%
She's done something and she probably needs to change it - although you're not wanting to talk about it right now	12.20%
Total	

Here are my tips to all women:

- Be proactive, not reactive.
- Married, Single, Dating... look at the situation objectively not subjectively.
- Don't personalise everything he does.
- Be more pragmatic and get on with your life.

When you know that you deserve a healthy relationship, you'll be able to experience one. If you don't believe you're deserving of a healthy relationship then you won't have one.

It's that simple.

Are men Commitment Phobic?

Largely No.

Plenty of men desire a committed relationship.

The SECRET to commitment is, most men want commitment to be their IDEA!

Men like to control taking the relationship to a more permanent new level. If he feels that you're more interested or more ready than him he can pull away.

It's like the girl who keeps saying or hinting at engagement rings - he doesn't want the hints...

If both of you openly talk about getting married and your future and you're excitedly planning it together then this is different. If he asks you to tell him what you like (in the way of style of ring) then you can tell him.

Do not talk about a ring or pressure him for it.

If he never talks about a future with you then it may be time to make sure you're on the same page.



You need to be ready to walk away if he says he's happy cruising and does not see or want to think about the future... If he says he's not ready and you're 30 and above (even younger), then it's time to date other men.

Survey QUESTION:

Do You See Yourself As Someone Who Can Commit To One Woman?

Answer Choices	Responses
Yes	93.48%
Maybe	2.17%
No, Never	4.35%
Total	

These results CLEARLY reveal that men - want, can and will commit to one woman! So stop thinking that men are so different to you.

Start paying attention to the attentive men out there.

You might not be with a guy who values commitment in his life right now - fine, find a man who does.

Remember, it's important to feel okay "losing" a man to get **the man**! Also, have a look at what you're doing that could be pushing him away.

I have met many a man over the years who would have done anything for me to commit to them...

I've had men trying to convince me why we'd be such a great match, sharing that they want to have children with me and so on.

You KNOW when a man is ready for commitment.

You don't have to guess and wonder too much. He'll make his intentions pretty well known.



I L-O-V-E YOU

How To Know When A Man REALLY Loves You

You might be wondering if men think about love as much as women do? Do men fantasize about having a family and finding a women to love until eternity?

There is something special about talking with clients who are in the beginning stages of a relationship.

The giddy feelings, blushing, and playful ways seem to capture my heart strings every time. However, for many of the women I talk to, figuring out if he loves you can be a bit challenging.

Women tend to be surface people, in other words, for the most part; you can tell how we feel, we're not so good at hiding what's going on under the surface.

Men, however, can show different signs and in some cases men can take much longer to say that they love you.

From a very young age men learnt to perfect the poker face...

... and it's this poker face, the undisclosed and true feelings of a man that drives women crazy.

Instead of looking for *the signs of love*, women can push men to verbally reveal their heart's desires... and what happens when women push...

... men tend to run... hide... clam up... and then what happens? The woman thinks that he doesn't love her.

She's so desperate to hear it... that she's not feeling it!

What do the words I LOVE YOU mean to a man?

I love you means...

I'm not leaving you, I am here for you, I'm staying.



Men who struggle with these words are men who tend to be fearful of taking the relationship to a partnership or have deep discomfort and fear around emotional intimacy and vulnerability.

Some guys won't say it because they may be fearful of commitment in a general sense.

They may love you with every cell of their body, yet still not feel comfortable voicing it.

This can be tough to handle and at times women get too caught up on the words and *consequently pay less attention to how he actually treats her.*

If a man only tells you he loves when you're arguing or when he feels he's losing you then pay attention - he's either using it to keep you from leaving or he can only say it when his emotions are heightened.

Of course hearing the words are lovely.

I like it. You like it. Who doesn't?

Men like hearing it too...

Remember though, heart connected love is not about the word.... L-O-V-E

The L-word is only the cherry on the cake...

Do you want the whole cake or just the topping?

Anyone can use the L-Word... not everyone treats people with love. It's important for every woman to know this distinction and to know what heart connected love feels like...

... it's consistent

... it's unwavering

... it's withstanding

... it's beautiful

Here are seven indications that you may have captured his heart...



The Key to his Heart & Love:

1. **Respecting & Valuing You** - The number one way for a woman to tell if her guy is into her is to pay attention to how he treats her. Men who really love a woman will treat them with respect. Respect can be anything from chivalrous things like opening the car door, and it can also mean valuing your opinions, listening to what you have to say, and paying attention to the smallest details.
2. **Constant Communication** - Do you receive text messages from your guy on a day to day basis? Does he send you emails, or call you while at work just to say hello? These are all pretty good signs that he is in love with you. He can't get you off of his mind, and he is showing you through regular contact and communication. He wants you to be happy.
3. **He's Willing to Compromise** - We all know that men love to be right! They will argue a point from the top of the morning till the middle of the afternoon just to prove a point. However, if you notice that your "always right" guy is suddenly willing to bend a bit, he is most likely 'lovin' you. Does he watch chick flicks when that is not his thing? Maybe he compromises during disagreements?
4. **Public Affection** - You will find that touching in private is a lot easier with your guy than touching in public. When your boyfriend starts outwardly showing public displays of affection, this is a huge step. The moment he holds your hand without you asking, or puts his arm around you while walking in the mall, he is letting the world know that you two are together and he's proud to be with you.
5. **Family Ties** - Have you met the family yet? Unlike ladies who are more willing to take a date to meet mom and dad, men will generally wait until they are sure they've found "the one" to take home to their mother. When he is eager for you to meet family members and close friends, he wants you in his life for a long time. Thus a sign that he loves you.
6. **What Does the Future Hold** - When he's talking about a year or five years from now, are you included in those plans? Maybe he wants to move to another state, has he included you in the plans of finding a place? When a man is willing to talk about the future, this is a huge feat in and of itself. This is a true sign that he loves you as he is willing to plan a future that does not include the word "I", but "we".
7. **He Says So** - Last, and probably the most obvious is when he finally says the words "I love you". When your guy tells you this, you can pretty much be certain that he means it. That said, I have had a man tell me that they love me within a week of meeting him. I would be cautious of this kind of early declaration. At that early



stage I did not feel the same and as things predictably turned out, he was not emotionally very healthy - he was desperate for love.

Love is not just a feeling, love also develops through experiencing compatible personality and character traits...

....and quality interaction such as communication, kindness and willingness to care and understand each other.

It cannot be forced upon anyone, nor can it be faked.

And did you know that men use different words and phrases that basically say I love you or I'm falling in love with you?

If he says...

"you know I really like you"

"how about I give you a draw"

"you can bring some stuff here and leave it"

"it feels good to see you babe"

"I love hanging out with you"

... all these kind of phrases tend to mean that he likes you *a lot, more than a little, he's smitten!*

Enjoy your relationship and don't hone in on those words (I love you). And remember love should feel good. The words mean very little (if anything at all) if a man doesn't treat you well.

And the same goes for you....

Do you treat your man with love or do you use the words to hook him in or justify average behavior?

In a nutshell...

Men want love and are looking for it - when the timing is right for him, trust me when I say, he will make his love known to you.



CHITTER CHATTER

Communicate In A Way That DRAWS Him Closer

Communication is a two-way street; one part sharing, the other part caring enough to listen and understand each other. And both parts are imperative for two people who are in a relationship.

You have to care enough about having a healthy and heart connected love to communicate well.

As I shared in the previous chapter real love is, understanding, vulnerability, intimacy and being honest.

Real love is supposed to feel good and feel safe – regardless of whether you have relationship issues to deal with or not.

Loving the self is about learning about the self.

Loving another also means learning about how you are in relationship – how you relate, communicate, express your wants, desires, fears, etc.

An intimate relationship reveals so many of our helpful and at times down right unhelpful behaviors and quirks. And this is why self-love and worth plays such a vital role is relating, attraction, heart connection and two people growing together.

As soon as ego and games come into play there's no room for growth and disconnection surfaces...

... the heart connection is lost.

When two people are dating, they make the effort to spend time together and a lot of energy and excitement goes into getting to know one another:

- You make it a point to listen when each other speaks.
- You want to make each other feel good – you tend to be warm and generous.
- You hold hands, kiss a lot, cuddle, make time for sex and find great joy in being together.



All of this creates closeness and intimacy. Then as time wears on, priorities sometimes change and many fall into the trap of complacency and predictability.

When it comes to communication...

...women typically tend to think that they're great communicators, or certainly better than men...

When I ran my Men's Survey I realised how misinformed and in some ways ignorant women can be in the way of clear and effective communication.

I will go into this in more details shortly.

Is His Brain Wired Differently to You?

He Says, She Says...When shall the twain meet?

One of the more recent studies have highlighted gender-associated brain disparities may lead us to conclude that men and women process information differently. Male and females have unique brain characteristics that start from the womb and throughout their adult life.

A research scientist from the Kennedy Krieger Institute says that females would appear to have language operating in both hemispheres of the brain. The study included having a group of males and females listening to a novel with their brain activity monitored. The males during the listening session show activity on the left hemisphere of their brain. The female subjects showed animation in both sides of the brain.

And here's more:

The brain substances also differ in both sexes.

It was revealed that male brains have 6.5 times more *gray matter* than women. The gray matter is in charge of the "thinking" ability.

Then it gets more interesting...

...the brains of females have more than 9.5 times white matter than their male counterparts. The white matter is the substance that connects or communicates the information to the different parts of the brain.

What does this mean?



Well, a professor of psychological sciences, David Geary PhD explains that this difference may help illustrate an advantage that females have over males, that being;

Principal language skills.

Women are also more accurate and faster at determining emotions...

This is why men don't pick up women's nonverbal cues as much as women do.

Women want men to just..... "get them"....

... to know what they're thinking without having to say anything.

In a moment I am going to share more about this topic.

Expression & The Masculinity Game

Men are confused between what is masculine and what is feminine, and what really makes a man attractive to a woman? Men can wonder what's acceptable expression and what's not? Some men think that if they express their feelings, fears and insecurities this would make them seem; weak, inferior, out of control, not capable, undesirable to a woman, and on so on. And because men typically don't express their emotions a lot, they tend to find it difficult to put their feelings into words.

Think about the various male characters in Jane Austen novels...

The men are often reserved or placid on the outside, yet concealing a deep emotional life within. Of course there are women who hide their inner world too, although it's largely a male trait.

I'd like to question what it is to be an alpha male. How can we inspire and guide our men to feel powerful and masculine and at the same time love freely and open heartedly? If you have ever been with a man who is; confident, clear, grounded, shows vulnerability and also loving, you'll know it's one of the most beautiful kind of connections and it has little to do with him being an alpha male.

Encouraging a man that it is masculine to open up is something women should embrace and this is why...



Survey Results:

84.38% of men stated "*I love being emotionally open with a woman*"

15.63% said "*I do want emotional intimacy, at the same time I fear it*", not one man chose the alternative response options, such as "I don't know how to express myself"

In addition, when I asked the men:

"Do you trust a woman (girlfriend/wife) with your deepest darkest fears, insecurities, vulnerabilities?"

Over **60%** said they were very open and **31%** said they only did so sometimes...

So what does all that information tell you?

Encouraging men to reveal their true feelings, means that they will be delighted to do so.

Women can help them release pent-up emotions, leading to a happier and healthier guy, relationship and girlfriend or wife!

Now, that's exciting stuff for us ladies!

The question now is...

How do you do it?!

How can you get a man to open up to you?

Here are some ways you can assist your man to feel masculine and also comfortable being emotionally more expressive:

The Key to his Heart & Love:

1. **Masculine Expression** – Many men do not realise that to express fears and concern does not make them effeminate or a sissy boy; it makes him *a man with feelings*, a man who's authentic and real. Let him know this. If he says something sweet or shares something heart felt, be loving with him. You can thank him for sharing and you can even be a little sexy about it (depending on what it is). You could say



something like – Are you talking sexy to me? or, “You are so sexy when you say things like that”, or “I had no idea, thank you so much for sharing that with me”

2. **Why He’s Not Opening Up To You?** – He may not feel safe opening up to you because of one of the following:

- He may feel judged
- You don’t stop to listen (I think I’ve said this about 10 times in this book, sorry, repetition is the mother of all skill – LISTEN **properly** then speak).
- You’re more focused on what to say next or you’re interpreting what he’s saying rather than taking what is said at face value.
- Maybe you tell him what you think he’s thinking? Men can get really frustrated with this one.

I remember a time when my partner said to me, “Nadine...I am happy to talk about anything, the one thing that’s important to me is that you don’t tell me what I am thinking. I know what I am thinking”

... ask him how he’s feeling or what he thinks, don’t tell him!

3. **You Jump on Him** – Well not literally. As soon as a man begins to open up a woman can become super enthusiastic and start firing questions at him, or start being animated and excited. Or even make him wrong AGAIN, before actually hearing him out. This moment is critical. When he starts sharing his feelings... slowly build into the conversation. Don’t overwhelm him. Takes some breaths, pause and carefully select your words, no JUMPING or POUNCING! Dance into the heart felt conversation, versus going at it like a bull at a gate.

4. **You’re Lovely, He’s Scared** – You might be the most loving, sweet woman and he still might be closed. If this is the case it might be time to see a professional. I have worked with many clients and it’s not unusual for a couple to come and see me and after one or two sessions intimacy greatly improves. Of course this depends on the individual situation and how deep the emotional challenges are.

He Can’t Read Your Mind

(This leads back to the grey and white matter....)

WHAT, he’s not a mind reader?!



How can that be?

He loves you, right?

Then how come he doesn't know what you're thinking and wanting at all times?

Sounds funny and ridiculous at the same time.

Boy oh boy.... the pressure we women sometimes put on men.

Let's not assume that men and women share the same strengths and weaknesses. In a research study, men were asked to view images of pairs of eyes, half men, half women and all showing different emotions.

The result? Men had more difficulty correctly guessing the expression and emotion from women's eyes.

Following are the results for my survey that clearly indicates that women are not aware to what extent their communication is lacking in clarity.

Some women do know that they're not clear in the way they express themselves, yet most women do think that they're pretty good.

This is what men think...

Do You Think Women Communicate Clearly About What They Want?

Answer Choices	Responses
Yes	9.52%
Most of the Time	9.52%
Sometimes	42.86%
Rarely	38.10%
Never	0%
Total	

Don't you think it is a bit unreasonable when we anchor our thoughts that men should be able to read our minds?

Isn't it also a little unjust that we would gauge a man's ability to read our thoughts as a measurement of how attuned he is to us and our emotions?



Sometimes he will be attuned to you and other times he won't be as attuned.

You can break this pattern by doing these things:

The Key to his Heart & Love:

1. **Speak Up Clearly** - Wouldn't it be more effective (and less time consuming!) if you were to communicate clearly your set of needs and wants? Turn the old 'golden rule' into "If you shall not ask, you shall not get."
2. **Eye Messages** - Also it is a big mistake to assume that the messages we are giving out with our eyes are in fact correct messages anyway. Most women will give men a look or the look and he instantly feels in trouble. Looks are fine and perfectly useful non-verbal cues. Just don't forget to actually speak to him.
3. **Misinterpretations** - I am sure there are plenty of men that when asked would go as far to say that their lady quite often has given a 'message' only to realize later she didn't mean to project that.
4. **Stop Talking** - This is a direct quote from a man who filled out my male survey *"Ask me questions and give me space to answer. Nothing worse than a woman who won't shut up and answers her own questions."* Anonymous. This man's response was very similar to what many of the other men wrote, a common theme. Ladies, let him think and then speak. If you ask a question and he's doesn't speak in 5 seconds, WAIT. Give him time to gather his thoughts.
5. **Take A Risk** - Sometimes we've got to take a risk to be loved the way we want. Sometimes it can feel foreign to do something different. Little steps at a time. That is all it needs to be and you'll be amazed at what's revealed.
6. **Willing To Help** - He's more willing to help you than you realise. Just ask, rather than expecting him to do it and of course "mind read". Most men are happy to help you. I know you want him to see that you need help without asking, it can be frustrating that he simply can't seem to work it out for himself.

I have three words for you - **Get Over It!**

I know, grrr!

Easier said than done when you're in the kitchen preparing dinner - your hands are full with one baby on hip and another child yelling to you from the playroom, while your man's sitting on the couch watching the Simpson's or a footy game, seemingly oblivious to your needs.



Ask him and ask him without contempt.

Contempt kills relationships. I know it's frustrating – just remember that men do have more grey matter and they're really not as good at seeing everything, well not like most women are.

Give him tasks to do and most men will happily get to it. Frustration wears you down, asking is liberating and gives you the outcome you desire. Just ask or agree to write a list.

7. **Men Love Rewards** – When he helps or does something you like – reward him. Verbally, physically (this does not mean sex, though it can be :), if he does something you want him to do *more of* you can say:
- Watching you there with that washing is sexy honey... hmmm, I'm having some naughty thoughts...(giggle)
 - Oh my, you're a beautiful man, gosh I'm a lucky girl.
 - Sweetie, just wait till later ;)
 - You're the best man a girl could ever want.
 - Thank you so much for helping me honey.

Men Like To Fix Things

Many would suggest that women are more empathetic than men. This is not entirely true. It would only appear that way because the male system does not respond the same way a female does when they recognize a problem or issue...

Their brains are searching for a solution, the 'fix – it' inclination tends to kick in instead of being concerned with kind words and gestures.

Most men do not fluff around by making dramas whenever trouble arises. They see a problem, their mind jumps to looking for the solution, it's that simple.

This can frustrate women and some women take it personally.

You can continually take it personally, which is to be reactive or you can be proactive about it.



Here is an example how most women think:

Problem → sharing → crying (?) → listening → hugging → nodding → comforting words → talking → think of solutions → consult with other females' → talk some more → hugging → listening → collate suggested solutions → action

(And probably buy a new pair of shoes somewhere in between...)

And here's how men tend to think:

Problem → analyze → deciding → action

The Key to his Heart & Love:

1. **Listen or Fix?** – Tell him what you need. Don't expect him to mind read. Do you want him to listen or help fix the issue? Lovingly tell him what you need from him.
2. **Let him solve things** – Women can be very directive and sometimes do not allow the man to assist her in working things out. Instead he feels unheard, shutdown and ordered around and the relationship loses the sense of "we" – he may feel as though his contribution is unappreciated and there ends up being no "team". Most men will withdraw and feel as though you're trying to control the relationship and he won't feel as though his ideas are validated. Men who are used to being ordered around or who like to please and make you happy will do as you say. These men normally go out with powerful and in some ways more masculine women. Their mother may have been like that and they're comfortable being bossed around. Let him solve and fix from time to time. Invite him to help you solve something. This leads to my next point...

The little things...

Paying attention to the little things...

...and giving these "little things" importance can often times make a huge difference in a couple's overall fulfillment in their relationship.

Men and woman are both people – human beings wanting to be loved and to love.

Everyone has different priorities and needs, and even though when it comes to communication men and women may have a different way of going about it – we ultimately desire the same outcomes.



I don't know of anyone who doesn't want...

- to be understood...
- to be heard... and
- to be valued

Further to what I shared above about the grey and white matter, there have also been studies that our 'brain sex' can be different to our gender or physical sex. So this would indicate why some women are more male in their approach to life, tasks and interaction and why some men are more female.

Are you even more confused now?

Don't be.

If the communication in your relationship, past relationships, or in dating has been less than effective at allowing you to heart connect with your man then here are ways to help you...

All you need to know is that you need to do *something different* - and throughout this whole program (not only in this section) I have provided you with ample "connecting and relating" options.

Try something you've not been doing and do it consistently, then see what happens.

At times, one simple little change can create a leap towards heart love and connection. Don't complicate it. Just do something different.

Following are a quite a few "little things" that once integrated or changed can make the world of difference in your relationship.

Get his attention by adding "feelings" ...

Too many women do not grasp how quickly a man can shut down when he feels that he's being...

...wronged, judged, shamed or blamed...

Instead of voicing your core feelings, women can push their emotions down, fearing that her guy won't be able to handle them.



Men are far more receptive to feeling talk, more so than women comprehend, the problem is too many women don't even know how to express their feelings.

Tell him how you feel in your heart, show him your feelings, your vulnerabilities.

When we blame someone or make them wrong, we're hoping that they'll firstly hear what we're saying, agree with us, apologize and then change exactly how we want them to.

When a man feels as though he's getting into trouble he feels like he's a child again, as though he's being scolded by his mother or a teacher.

Men detest this.

Some men will be the good boy and obey, although this is not a healthy dynamic for a healthy adult relationship...

...that is unless you want to date a man who wants to remain a mummies boy.

If you want to communicate and still be authentic by expressing your feelings, then that is exactly what you need to do - express your REAL CORE feelings!

Most of us complicate feelings or even bypass them. If your partner says something to you that you don't like then you're either an **A Type** girl or a **B Type** girl, you might say:

A. "Babe, I hate it when you say that to me. How many times do I have to tell you that I'm sick of you calling me x,y,z (whatever it is)"

VERSUS

B. Honey, I know that you like calling me that and it was funny for a while. I'm starting to feel annoyed by it. I know I kind of encouraged it so it's not really about you... it more about me and how I feel when I hear those words... Can we find another "cute" name?"



QUESTIONS TO PONDER:

- Which one of these do you think will allow for more understanding and intimacy?
- Which one is spoken from the heart and which one is more blaming and shaming, and motherly?
- Which one allows for a conversation and flow, versus, a potential argument, disconnect and the man feeling scolded?

Example **B** is far more gentle and honest and most likely more effective. He'll be more open to talking about it than putting up a wall or tuning out. Example **A** is more like a whine and a nag, which men do not hear (they tend to nod their heads periodically until you're done).

A woman needs to be a woman and a woman treats a man like a man not a child.

More Dialogue Examples:

Example ONE

A)

Why did you tell me that you were going to pick up the milk and then didn't?!

You never help me with anything, you're useless and I'm over it!

How many times do I have to remind you to do something?!

Everything is an effort! Like the other day when you said you were going to take the washing off the line, today it's the milk.

Do you expect me to do everything?

Your ex told me how hopeless you are with helping with stuff around the house. And my mother told me that I should have sorted this stuff out before we got married and had kids.

You're just like my father, never looking after the family, just looking yourself. Now the kids have no milk for breakfast.



VERSUS

B)

Babe, I feel that I'm getting really frustrated and I feel silly that I get really annoyed by little things like you saying you're going to get the milk or some bread on the way home and then it doesn't happen. I know I get really angry and I don't want to feel like this. Sometimes it reminds me of my childhood and my dad not being around, so I know it not so much about you. I know you don't mean to forget and I know you care about me and the kids. Maybe we can work out a better way, what do you think?

Example TWO:

A)

Why did you tell me you were going to call me today and you didn't?

This is happening a lot and it's disrespectful and not how you treat someone you like.

If it doesn't stop then I'm not so sure we should be together!

VERSUS

B)

Hey, I've been feeling a little confused about something.

I love spending time with you, I love our chats and mostly I think we communicate really well...

...and I realize that you're super busy with your work and time just flies for both of us.

Yesterday you said you'd call me at 12 noon and then it wasn't until 6pm that you called to let me know about our evening plans. Something similar happened a couple of times last week.

I really value follow through, which I feel is very important for a relationship - so I was wondering if we could work out a better way to communicate our plans?



Can you see the pattern?

"A" is clearly a blaming, wronging and you're being a "naughty boy" approach

"B" is far more open, kind and more of a team effort.

If a man doesn't respond well to version B then give it time. Change your way of communicating consistently. If after a solid effort his way of relating doesn't shift then he's probably not able to work as a team with you, certainly not without some professional help.

Some men and women really don't want to or don't know how to change and have no desire to do so.

They may want love, they're just not good at healthy love.

I have personally been the girl who was more of an **A Type** communicator and I'm now more of a **B Type** and this works wonders in my relationship, actually in all of my relationships.

Try it out consistently.

Give it time and see if he starts wanting to work with you.

Most men will respect and appreciate the healthy communication and want to work with you. When you ask or invite him to work things out with you, you give him a chance to be involved.

If you start ordering or dictating, most men will start withdrawing from you.

Why men freak out when women cry?

Ladies, without any preamble - A crying woman can be big turn - off for a lot of men. I know, really!? Why? Let me explain.

First up, of course there are times in life when crying is more than appropriate and certainly healthy...

If a man has a problem when you cry for good reason...

...then I'd have the question the man, not you.

That said - some women are criers, they cry about everything and for most men it gets a little overwhelming.



Most men are more likely to be polite and comfort you than be totally honest and admit it really makes them feel uncomfortable.

Men tend to say things like...

"Honey, please don't cry"

"I feel terrible when you cry"

"it pains me to see you upset, let's talk about it"

And it really does pain them!

It gets them right in the heart! And fair enough if you're going through some real challenges or grief.

Outside of that, when faced with this age old dilemma, does your man (or a previous man) fall into one of the "general categories"?

See if any of these following points ring a bell...

It may be worthwhile sitting down one day and talking through these with your partner, preferably over a ploughman's and a nice beer or over tea and cake.

On a side note: Of course men can cry too and some men tear up a lot.

Personally, I love when a man can cry from time to time.

Men showing raw heart felt emotion let's me know that he's real, emotionally authentic and he's strong enough to show his vulnerabilities. A hugely attractive quality in a man...

...because real men do cry!

Here are the main reasons why men have an aversion for the water works:

Helplessness

Men feel totally helpless when confronted with the waterworks.

It is a no win situation for them.



They feel like a bully if they continue upsetting you (that's if you're crying because you believe he's done something) and at the same time he may not want to back down and give in.

If you're crying about something that has nothing to do with him, he'll want to provide a solution.

If there isn't one, or if you don't want to hear it - he'll feel lost.

It renders them powerless. This is definitely their no-man's-land.

Guilt

Whatever the reason for the tears the average guy is going to feel in some way responsible and also clueless.

He may try and say something that may put a halt to the theatricals.

However much he may feel he is still in the right, he will still feel uncomfortable seeing you hurt and will just want to get it over with as soon as possible.

Distrust/Manipulation

Crying could actually antagonize the situation - making tears unreliable as a peace making operation.

If he gets one whiff that you are laying it on a bit thick then be warned.

This could easily develop into a Watergate moment where he will never feel sorry for you again if he sees the wet stuff.

Even if your tears are authentic, he may have been with a women previous to you, who would use tears to manipulate and the tears may trigger his past.

Personally, I have never been able to cry on demand. I am sure some women can, although most of the women I know do not cry to manipulate.

If you know that you do turn it on for effect or a certain reaction, I can assure you it's not going to work in the long run. Men know when they've been conned and any heart connection you desire will be severed. He won't feel the all important "safe" feeling with you and he won't open up to you.



Mr Fix It

Most men have got enough brains to realize that a crying woman means there is some kind of problem. As I have already explained men like to fix things and help you work things out, to find a solution.

So when you're crying and you just want to vent and let it out, he feels like a fish out of water because he doesn't know how to help you without "doing".

So this is when you can tell him what you need, as per my above point...

... tell him that you're okay, that you just need to get it out and you'll be okay once you're had a good cry.

If you do want his help ask him for it, and then thank him for his support.

Awkward Moments

Some men just aren't comfortable with tears, FULL STOP.

Particularly if he came from a family where emotions were suppressed, or has a family with no female siblings, just brothers. He'll think or feel as though something monumental or terrible has happened or he'll think crying is unnecessary.

So ladies, don't stop crying...

... simply be mindful how much you cry

... why you're crying and what is the most authentic way to communicate.

If you're in fear mode you'll tend to cry more, when you communicate from the heart and when you are grounded, centered and confident in yourself, you'll tend to cry less.

*** When I am expressing something that is important to me I make sure I breathe into my heart, release my judgment and expectations, and have the belief in myself to know that what I am sharing is - true, honest and real for me ***

This works wonders...

The tears subside and I am able to have a constructive and heart connected conversation. I tend to cry more so when I am in fear mode.



Men detest the silent treatment

This is definitely one to avoid. Even if you feel you know what you are doing or you are so angry you are keeping tight lipped to avoid a further torrent, it may be worth a rethink.

Certainly it's a good idea to not "let rip" as a peace keeping offer, but you really must make a concerted effort to not slip into the dreaded silent treatment.

This is one hundred percent damaging to the relationship and is never easily forgotten, when discussing things may have quickly been resolved and forgiven.

The silent treatment falls into the passive aggressive category, which is like silent torture.

This is not heart connection. This is manipulation and it's cruel.

So what should you do?

Do Not Ignore Him

He will definitely not like the brush off and all men, whatever their tolerance of being ignored, are going to add it as one of your unfavorable traits.

Earlier I spoke about how men like to feel safe...

...the silent treatment does not support emotional safety and healthy boundaries.

You can be pretty certain he'll make a mental note that this behavior is part of your make up and therefore you're likely to do it again at some point.

I'll go as far as to say that men detest stone-walling...

...and the reason why women do it is *sometimes* a man will jump through hoops and drop to his knees to get back into a woman's good books.

Having said that, this will only work with few men. Or at best it may work a couple of times and then he'll stop trying or start ignoring you too, or the like.

The only guy who will put up with 'hot and cold' is a man who has little idea of what a healthy relationship is.

This needs to be amended and replaced with a fair solution sought out for both your sakes.



Whatever the reason for the argument...the silent treatment IS NOT a solution.

Letting someone know you need space and time to think and gather your thoughts is very different to a power-playing game (see Never Lose Him Program for more about this).

He Stuffed Up – No Nagging

This is possibly the one thing that we all do...

We stuff up from time to time and your guy is no different to you.

Yes it's true that your man may need reminders and can forget the odd chore, although as you now know men tune out to repetitive nagging.

They don't hear what you're saying...

all they hear is... BLAME...

...they hear that they're doing some thing wrong and you're not happy with them, again!

So this tip relates to the previous tips in this chapter...

The solution is to get clear, get to the core issue and don't keep going on and on about it.

You can help the situation by restraining yourself from regularly tapping away at him.

If every second time you open your mouth he hears you telling him something to do or not do then he won't take anything on. He'll start seeing you as the micromanager and a pain in the buttocks!

Be clear about what's important and talk about it properly. Tell him why it bothers you.

Don't make it personal (see previous points).

3 Quick Tips...

1. Don't nag.
2. Don't nag.



3. Follow 1 and 2

In addition, avoid reminding him to do things during his occupied moments, especially if he's doing his play stuff, he'll hate that.

You can help yourself by waiting for an opportune moment when you have more of his attention.

The right window will come along...

...trying to talk to him while he's watching his favorite sports event is not a window!

You'd be better spending some quality time with him, possibly watch the game with him for a bit...

...and then chat later when you're being warm and lovely with each other.

If it is memory loss that is the problem then you can make fun of him, make it humorous and he'll hopefully see the amusing side.

Maybe you can put up a note board where you have things written up, instead of having to verbalize everything. Try and make things a bit more fun.

- Make love not war
- Learn about each other
- Be honest with yourself about your feelings, and
- Commit to living from the heart

Make a conscious effort to act from the heart, such as:

- Breathe from the heart
- Speak from the heart
- Eat from the heart
- Observe from the heart
- Smile from the heart
- Walk from the heart



- Dance from the heart
- Sing from the heart
- Touch from the heart....
- Make the bed from the heart
- Cook from the heart

Slow down, breathe and take a moment to shift your focus...

... AND WATCH YOUR RELATIONSHIPS SHINE WITH LOVE!



SUMMARY

It's been a pleasure to have you with me on this journey to heart connection. Unlock His Heart was created to allow you to find ways to connect with your man or a new man with ease and heart.

Many men are wanting exactly what you're wanting - intimate love. There are plenty of men and women who are happy in love and who are able to experience deep commitment on a heart level - and I know you can too.

I receive emails daily from women who have transformed their relationship from mediocre to passionate and wonderfully fulfilling.

I encourage you to be bold and break patterns that are no longer working for you. I hope I have inspired you to choose pleasure over pain... and sometimes to reach pleasure we have to be uncomfortable on our way to change. It's not always easy to do things differently, although the rewards can be monumental.

May Unlock His Heart assist you in experiencing the joy of deep connection and lasting love.

Your greatest supporter in heart-connected love.

Nadine xo

