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Touching His Heart

Insights Into

The Male MIND

INTERVIEW TRANSCRIPT

- with Carlos Cavallo -

Nadine: Hi everybody! It's Nadine Piat here from healthyyouhealthylove.com and today I have a fantastic guest here with me in the Love Room. Today I've got Carlos Cavallo and Carlos is a really wonderful guy. I've met him personally twice in the last eight months and he is a dating and attraction coach, as well as a motivational life counselor, a health and fitness coach and he's the author of "Forever Yours: The Secret Password to His Heart," "Get Your Man Addicted to Your Love which is 33 secrets of Passionate, Exciting Relationships" and also countless articles.

Carlos brings to the table a variety of life experiences, equipping a background in relationship skills, life coaching, motivational psychology, sales management and even martial arts and eastern philosophy and all of this really is wonderful when it comes to working with women, understanding women and he also has a very, very detailed and extensive background with working with men. So, he is really the go-to guy when it comes to women trying to understand men. Carlos, it's fantastic to have you here and welcome!

Carlos: It's good to be here.

Nadine: So tell me, what got you started in the dating and relationship area?

Carlos: Well, it started quite a while back when; well first of all I had my own issues as I think everybody does at some point or another with relationships and what not, and I decided I had to learn more about how attraction and relationships really worked at a fundamental level and that's the stuff that you get from a lot of relationship gurus out there because they do talk I think quite a bit in an academic sense. They don't really talk about the true knots and bolts of what makes people work really well together; I mean the stuff that we don't always admit sometimes too.

I went deep into learning a lot about that and getting my own dating life and my relationships in line and I started helping guys actually. Initially, I helped them really get the best out of their own dating life and what not and I said you know what, with all this information that I've pulled over the course of how many years of doing this, I got to be able to bring some of this to the table for women too because I think they want to hear and know about it and it's been kind of a journey. Just taking the best of all the information I've learned from men and from women and from my relationships that make us work better together.

Nadine: Well then so tell me, from all that information what do you then think is the number one cause of failure in relationships?

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Nadine: And I think that the biggest challenge is that women get so confused as to how to express themselves in a way that men get. I was reading something not long ago and I can't recall the name of the book right now and it was a psychologist that was doing a study with couples and that when the couple had an expression on their face of contempt towards

each other, they really were the most difficult couples to work with because it had gotten to the point when they didn't even like each other anymore. The passion and everything has disappeared so it's really interesting that you say that.

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Nadine: Wow and that's huge. So then as I mentioned before, then what are the biggest mistakes that women make when talking to men?

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Nadine: It's like, "Hey baby, oh you're beautiful!" Give him a kiss and say thank you.

Carlos: Yeah, exactly.

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Nadine: And I supposed that has a lot to do with relationships is those little things. Sometimes the smallest things, if you just change those, it can create such monumental change. I do think that sometimes, people do complicate relationships and if they just made those little change, then the men will respond to differently.

Carlos: Yeah, definitely.

Nadine: And one of the things I've also heard from men and I do talk about is that as much as women want compliments and then you're saying we're deflecting them, a lot of the time, women forget to compliment their partner. Do you think that can be a little bit of an issue as well? I'm naturally a complimentor so I don't really have that issue. However a lot

of women want to hear these things from men, yet they're not actually reciprocating.

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Nadine: Absolutely. So, ****ONLY AVAILABLE IN FULL VERSION****. That's basically the bottom line really, isn't it?

Carlos: Absolutely.

Nadine: Okay so to understand men better, what do women need to know to read a man's signals and what he is actually saying? Because I think that women can misconstrue what men are saying and personalize things or they're reacting to something when they weren't meaning that at all.

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Nadine: So when a guy does say for example things have been pretty smooth and you've been going out in quite a few dates so maybe it's been a couple of months you've been together but I think this tends to happen more obviously in the first eight months of dating, although it does happen within a relationship at times. So you've been on five or six dates and all of a sudden, you normally hear from the guy most days and he hasn't called you or made contact with you for four days for example, or two or three days. So women then tend to get proactive I suppose or reactive, which means they may send him a text or they torture themselves inside out thinking that something's wrong. So what would you say then? Do nothing or you can send him a little text and say... - what's your recommendation?

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Nadine: That's right and also on an energetic level, I think women think that, oh yeah he can't tell that I'm a bit annoyed or a bit pissed at him when in actual fact, they might not be saying anything and trying to be cool but energetically they're still speaking volumes that they're annoyed and there's a needy energy. So getting women to not do that is sometimes difficult because they try to pretend that they know they're not supposed to be annoyed or feeling hurt and then they're still saying it without saying it.

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Nadine: So okay, now that we – and I love that we spoke about that because it's one of the biggest things, I mean I've been there and I think many go through it on some level too if the girl is a little bit more, you know, not as great of a communicator as some other women can be.

Okay, so you're in a relationship and you're with a guy and you want to communicate in a way to get what you want and without being a nag, how do you do that? What's the best way for women to get what they want and to communicate better?

Carlos: Well is this something like you want him to do or something that you're trying to communicate that you just want from relationships, something in that area?

Nadine: Yeah I think that like, let's talk about relationships because there's a lot of women who are listening to this and some of them are dating, some are single and some are in a relationship or in a new relationship and at the early stages of a relationship where there might be a hiccup or even just through out of a relationship, I think people can get a little bit sloppy and they can speak to their partner in a way or communicate in a way that

doesn't get them what they want. So maybe like yeah, maybe for someone in the relationship.

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Nadine: Why can't you see that I want you to do this?

Carlos: Yeah and I think that – you know what's funny, I think that comes from a belief that we don't want to believe that the person can't pick up on that because that means they're not really as connected to us as we thought they were, right? So we're offended and we're hurt that they didn't see that because anything else would mean, oh they're really not as in tune with us as we'd like to believe. When in fact, nobody's really that in tune with another person; I mean yeah we can become pretty in tune but we're also looking at life through our own filters in our own eyes.

But back to your point about getting what it is you want, that indirect communication is we try to avoid the elephant in the room to avoid the possibility that the other person is going to reject us or revoke their love, right? That's some really, kind of a deep seethed thing. We don't think that logically but that's what's going on inside our emotional mind and we end being unclear about our boundaries and our needs. So we have to be willing and able to step outside that comfort zone and press a little bit into that area without being demanding. When it comes to getting what it is you want, make sure that – for women, this is just a general thing is you've got to be careful never to punish or chastise verbally; or through behavior even. It's really difficult and something that we're all very aware of, yet we fall back on it as being the easiest way to get what we want, right? Just demand it or be very catty and negative if we don't get it. We assume that this is sort of like asking for what we want but in a negative way.

For men, well for women, I always kind of advise and this is something I learned from a good friend of mine, one of the best things you can do is demonstrate the behavior and do the thing that you're kind of expecting the other person to do, right? Just asking out of the blue for somebody to do something without your ability to do it yourself and show them, usually they're going to see your behavior and they're going to want to follow your lead.

But to get men to do something, here's an easy way for women to do that. Appreciate the behavior before it's even demonstrated. That means, this is one of those weird things where we're going to resist it and go, "No way! Wait a minute; he's not taking the trash out at night. Why would I ever compliment him on doing that?" That would be just as simple as how you could do it. You could just say, "You know honey, I just love the way you're always a step ahead of me and you're cleaning up stuff without me having to ask. You take the trash out without me even having to bother you about that. It really helps me put a lot."

Nadine: And you haven't done it in three months.

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Nadine: Yeah and look, even in a man's mind or even in anyone's mind I suppose, even though they haven't done it in however long and it seems like it's too long, in their mind, they'll probably think that was only last week. Time flies.

Carlos: Exactly.

Nadine: Anyways, I just love that. So, okay so basically don't make your guy wrong. Try to empower him with how you communicate about what you'd like and none of us want to be made wrong. I mean women and men are different in many ways and in some ways, men are more

sensitive yet no woman likes to be told that they're doing something wrong either. Generally, we all get the hairs in the back of our – like a cat, we kind of rear our backs up, so that probably leads me then to, men and women's communications styles can be quite different.

So and maybe we just sort of covered it but if there's something you want your partner to do or stop doing, is there even, beyond what we've said, is there anything else that you want to share there that you have found... you're married or you're in a relationship and you've got children, is there anything with you even that you find or with your partner that you think, "Oh that's what really works well in our relationship."

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Nadine: You try to see the humor in the situation and make it a bit fun.

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Nadine: Yeah and I think that the more evolved that we are, the more clear about who we are, the less we tend to do that and a lot of us get triggered by our past or maybe our mother was really strict or whatever it was. So sometimes when we hear someone saying something, it can actually link back to other things and it's not always what's going on in the present situation. And I think that the more evolved we are, the easier that can become with dealing with these kind of situations.

Carlos: Yeah, I agree.

Nadine: Yea, okay so let's go back to dating for a moment. So when we're dating, when we're trying to find out about the guy that's sitting in front of us, what are some of the best questions to ask a guy early on in your dating sort of courtship with somebody?

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Nadine: Absolutely, It's the whole character side of things that I think women are very good at overlooking. Men can overlook it too. I mean men can get hooked on things and so can women but yeah, character is what makes a relationship work, right?

Carlos: Yeah, for sure.

Nadine: Absolutely. I think that we've all overlooked things in the past and you definitely learn along the way. But some of us continue to make the same decisions or whether they're right or wrong but they're not great for us. Everyone listening here has probably been on the dating scene for awhile or in a relationship they're not that happy with, then we've got to change our patterns and do things differently. So this is what this is all about.

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Nadine: And actually talking about that, what is your recommendation that you went a lot with guys, you know how they think. I have my own guidelines or the way I think when sex should come into a relationship. What are your thoughts? What do you think is the best way for women to go about getting physically involved before they get hooked on – you know, so that they get hooked, they don't get hurt or so they're making better decisions with men?

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Nadine: But I know what you're saying. It's like what Steve Harvey talks about, his thing about the "cookie"? You've got to hold back on the cookie, which is sex and you can't give the guy the cookie, I think he's says for

something like 90 days or something, there is a 3 month probation which is probably a little bit too long.

I actually was in a relationship with a really amazing man and he was a lovely, beautiful person and I think that we waited around seven weeks, close to two months before we actually slept together and it was probably the worst sex I've ever had in my entire life and yet, we had such an amazing emotional connection by that stage and I knew about his past and he had really deep trauma in his life and I thought well, I'm a coach and if anyone can help him, not that I wanted a project by any means because he didn't present like he knew he needed a lot of help but when we actually slept together, it was definitely, whoa what is going on here because there is definitely something's not right here.

It was very difficult for me and I didn't end the relationship for a while and I went to a therapist with him about it and in the end I just thought, you know what, we're just too different. There were lots of things presenting and I ended up ending it and we're still very good friends but yes, sometimes waiting too long isn't too good either.

Carlos: Now that's a very excellent point. It's something I do point out. I really don't think that – everybody comes from a different moral and a religious sometimes background and I'm not going to talk to that at all but the reality is yeah, you do need to – there's a certain amount of letting out of the steam that you have to do at a certain point. Don't go crazy with this stuff because you can get yourself a little too involved and then realize, "Oh my God! What have I got myself in to?" So yeah, there's a time to finally take it out for a test drive.

Nadine: Yeah. I think that if you're getting that sense that this is leading towards a relationship and that leads me to monogamy - is this person sleeping with other people? Not that you – you know I think that it takes a little bit of time and I don't want women to get hooked on men that aren't really

great relationship material. If that's what they're wanting, unless of course as you said before, if you're wanting a relationship, take your time otherwise do whatever you want.

I do think that though women – because life has changed and men are confused how to be a man and what is it to be a man sometimes and women are more liberated and more independent, and I think that some women believe that they should be allowed to have sex with a guy because they want to and they should be able to do the same as men? I understand this, and at the same time I think, “really, come on girls, the fact is that you want to get to know the guy too regardless of whether they think less of you or more of you. I think it's important to try and not get too hooked on that, instead focus on getting to know the person and that would sort out the sex thing.”

Carlos: Yeah, exactly.

Nadine: Yeah. Anyway, now I've got a couple more questions for you. In your program though “Password to His Heart” you do have a lot of this information in there, is that correct?

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Nadine: And also just to clarify, is this program also good for people in a relationship, or is it more for dating or does it work for both?

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Nadine: That's right, no panicking. Stay in your heart and try to communicate without going into fear and I think a lot of our biggest challenge is staying in our heart and communicating and moving through life from

our heart rather than a place of fear and being analytical and freaking out and allowing everything just to consume us.

Okay, so for those of us that are in a relationship and that relationship is struggling and you don't know what to do. Whether you should end it or whether you should try and make it work, what do you have to say to women in that situation?

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Nadine: And there are things that are obvious, like deal breakers, like abuse and cheating and all those kind of things. I don't think that cheating necessarily means that a relationship has to end particularly if it only happened once, it really depends if you can work through it and grow and heal. If the guy's a perpetual cheater and women cheat too, I think the statistics are more women cheat than men now. So I don't want to be saying that men are cheaters because I don't necessarily believe that.

However, there are certain things women are very good at overriding even those deal breakers. As we still say and then there are - I mean for example your program, it could be just that, the relationship has disconnected and maybe if you've tried different ways of communicating and maybe you do have a habit of making your partner wrong and if you want to change it and be more empowering, then I'm sure you have some great information about that in your program to know what to do and to try different things. Maybe you need to change your approach and then your partner may come forward and if you tried everything, and it doesn't work, well then you have a decision to make.

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Nadine: Actually that links to something you said really early on when we started talking at the beginning. You said that women are so fearful of their feelings or their boundaries being rejected or fearful that the person's going to leave them. Very early on in the relationship women (or anyone) teach the guy how they want to be treated. It's the early stages of a relationship when you set the pace of the relationship, the kind of quality of the relationships. So what would you say to the women out there that are early on in a relationship or even not so early on that are so fearful of communicating what's important to them or creating boundaries around certain things?

Carlos: Well I think the first thing is get my program and understand how to communicate with guys!

Nadine: Do that ladies.

Carlos: UNLOCK THE FULL VERSION & AUDIO BY PURCHASING AT [HTTP://NEVERLOSEHIM.COM/PASSWORD](http://NEVERLOSEHIM.COM/PASSWORD)

Nadine: Yeah I think when I was younger, I was a lot more masculine in my approach to things. For me personally, I definitely grew up in a very right and wrong environment and when I would communicate with men in my twenties, I would be very much, "I don't like that. That's not okay." To a point it's acceptable if something quite drastic happens, but most often for me it wasn't the worst thing in the world that had happened and I really delivered my feelings poorly. So I myself had to learn to soften, to share my perspective on things, not necessarily making it an absolute truth and also take responsibility as well for things because, to be quite honest, I think I would scare people a little bit and I wondered why guys were like, "Whoa!" So definitely I've been there and I now communicate so much more effectively.

Okay so, before we wrap up, you know everyone has this fairytale of what they would like their relationship to be like and we all want romance and most of us crave it. So how is the best way to create that fairytale romance?

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Nadine: No, not every day.

Carlos: Not every day, not exactly. Just keep it on a really low heat, just in case.

Nadine: Yeah, yeah. The only heat you should be having is in the bedroom right?

Carlos: There you go. Light those sheets on fire.

Nadine: That's right. Okay so and I will ask this one other question. I'm just going to keep going with questions here. What qualities for women who are dating should you look for in a mate that would pretty much equate to a wonderful, successful relationship?

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Nadine: Now totally, I love that. I totally agree with that. Because the thing is, I'm not talking about being in a relationship with someone who's really just not a nice person. If you go out with a decent guy who's pretty good to you and most of the time, they're not trying to do things to be horrible. So they're normally they've said something or they're behaving in a way that if you actually seek to understand then you'll probably get a very different perspective and they're not trying to be horrible to you normally. It's just your perspective on how you see things.

Actually my grandmother, I have a Russian grandmother and I was at her house the other day and it was gold. I actually got out my

phone and started recording the conversation and before I got the phone out, she even said some other things that were really just quite interesting and she was even saying stuff that I write about and so she's not 90.

She says, "Darling, in a relationship..." she said, "You are both right." And I thought wow! She says, "He's right. You're right. You see things differently so you're both always right. You just try to understand each other" and I was like, oh my gosh I have got to get this recorded. I loved it!

Carlos: Yeah, that's good. I liked that too. I like it with the accent too. That really adds to it.

Nadine: I tried, I tried. I think it's a little bit different to that. Even with the Russian heritage, I don't really know how to speak with a Russian accent. But anyway, so now we really are going to wrap it up. So what are the things that you're most excited about? I know that you're really so very passionate about working with women and helping women. So what do you want your listeners to learn about you and to know about your program a little bit more and I'll give the people the link to that in a second. So what would you like to share?

Carlos: Well I'm totally excited about the new articles I've been writing for women. These new, what I consider to be hopefully might sound grandiose, revolutionary programs that I'm creating to help women create that loving relationship that they desire with their man, without the pitfalls of losing their connection with them. Best way to never have to feel that is never put yourself in the position. There's ways to actually proactively make your relationship everything you always wanted it to be.

I've also been working on showing a woman what's going on inside a man's mind and that's what I was caught talking about; the "man

mind map” It’s everything from a myriad of reasons; why men pull away, to why we choose to connect with women and the ones we don’t choose to and the traits and the things we’re looking for that’ll really make him yours forever. So I really encourage women to take a look, at least get my free “perfect passion insider tips”, my newsletter, I’ve got some great videos we’ll be producing for the site as well as a very interesting little ebook that I put out recently that a lot of women like. It’s called, “Confessions of a Commitment Phobe” or actually former commitment probe. It’s the ultimate date that a woman can create for a guy that’s going to really knock his socks off. That’s all I can say about it.

Nadine: Oh goodness! That sounds – I’m intrigued. Okay so for everybody who wants to learn more about Carlos Cavallo and how you can break through the walls around your man’s heart and who doesn’t want to know how to do that; and to connect with him on a deeper level and make him yours forever, you can head to neverlosehim.com/password and we’ll also provide you with the link to Carlos’ newsletter and the free information that he has there as well.

And look Carlos, I want to thank you so much for being part of my healthyyouhealthylove.com love room and I look forward to staying connected with you and even sharing more and more information with my viewers and readers and I just loved what you shared and it’s been a great educational interview. Not only are you very knowledgeable but you’re also a fantastic guy because I’ve spent a little time with you and your quality and you really believe in women and you treat women well and once again it’s been a pleasure.



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