

NEVER CHASE MEN AGAIN

38 Dating Secrets to Get the Guy,
Keep Him Interested, and
Prevent Dead-End Relationships



BRUCE BRYANS

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Introduction

We all make dating and relationship mistakes. I'm sure you can remember the exact moment you lost interest in some of the guys you used to date. It probably happened in an instant where the poor fool had no idea that it was something he said or did that *one time* that caused you to kick him to the curb. On the other hand, it might have happened slowly over time, where it was a series of events or repeated behaviors that slowly turned you off of him...for good.

If this sort of thing can happen to men it can happen to women as well. And it does...very often.

Sometimes there are things that a woman does early on in a new romance that may make a man become distant, lose interest almost instantly, or even force him to place her in the friend-zone or worse, the "friends-with-benefits" category. These are the type of mistakes that usually happen during the first few weeks of dating, before a serious relationship even has a chance to develop.

But even after a serious relationship has formed, there are certain dating mistakes that women make that great guys see as big red flags. These sorts of mistakes cause men to breakup with a woman or even *demote* her so that again, she finds herself as nothing more than a friend-with-benefits. This sort of situation is actually worse than when it happens during those first few weeks because you would have wasted so much of your time and affection on a man who either didn't deserve it or who wasn't right for you to begin with.

The thing is, if a man doesn't take you seriously then he may feel compelled to

have a good time with you. And this good time will last until you realize that you're being taken for a ride or he finds his Mrs. Right. I personally believe that if a woman values her dignity (and her sanity), it would be in her best interest not to wait for the latter to occur.

In cases like this, what a woman really requires are two things: a healthy amount of self-respect and a set of dating guidelines that will allow her to make tough, rational decisions as she navigates the treacherous territory of finding Mr. Right.

Strong Boundaries vs. Game-Playing

A lot of dating and relationship books for women tout the idea that a high level of confidence is key when dealing with men if you want to be taken seriously and get what you want. I completely agree, but with one caveat: Being confident, at least in regards to making a man pursue you, is pointless without understanding how to *apply* that confidence when dealing with men.

A woman's confidence is communicated to a man by what she stands for and what she doesn't. Being able to confidently socialize with men, having confident body language, and illustrating confidence in your femininity (in the way you dress and carry yourself) will only go so far if you still allow men to have their way with your emotions, time, affections, body, and anything else for that matter. Self-confidence makes a woman more attractive, but unless it effects how she enforces her personal boundaries it won't do anything to keep a man interested in her for the long-term.

The other problem with simply telling women to "be confident" is that a high level of self-confidence does not guarantee discernment in dating. In other words, confidence does not necessarily translate into judiciousness when dealing with men. You can be as confident as Kanye West on Grammy night and still be taken for a ride by a man who possesses both confidence AND cleverness.

Unfortunately, a woman's level of judiciousness when dealing with men can only come from experience. And though learning about the dating experiences of other women can teach you a whole lot about dealing confidently with men, in the heat of the moment, when your emotions and desire for a guy are overwhelming, it's going to be extremely difficult for you to think clearly and make judicious decisions.

So what's a girl to do then?

Well, since self-confidence without cleverness can only go so far, the most reliable weapon a woman has when it comes to dealing with men is the strength of her own personal boundaries, **regardless of the situation**. Women with strong personal boundaries are principle-centered, not men-centered or romance-centered. To them, their personal values, such as being treated with unconditional love, are more important to them than needing to be with any one particular guy.

When a woman has strong personal boundaries when dealing with men she doesn't make excuses because of a man's handsomeness, status, wealth, race, background, promises, sexual chemistry, *etc.* She sticks to her guns and refuses to settle for dating situations that are a win-lose for her; win-lose meaning that the guy wins at her expense.

In fact, a woman with both strong personal boundaries AND high moral character will refuse to be in a dating situation in which it's a win-lose to either herself or the gentleman in question. Sometimes you may find yourself in a situation where you can easily take advantage of a guy, where *you* can win at *his* expense. The higher your values are however, the less likely you are to take advantage of this sort of arrangement because you know that **healthy relationships are always win-win**.

In order to succeed with men you *must* possess strong personal boundaries and

know *when* to say “NO”, withdraw, or move on from a win-lose dating situation. This is why some women tend to get confused when they read one book suggesting that men don’t want women who play games and yet another book that says the only way to win with men is to play games and act hard-to-get. They’re confused because they’re usually missing the foundational core of the “hard-to-get” message.

Here’s the truth once and for all: High-quality men DO NOT pursue women who feign disinterest, act flaky, or play games just to keep them interested. However, what these men do respect are women who have a zero tolerance policy for time wasting and being manipulated.

Did you get that?

Again, while most men, especially quality men, are not attracted to game-playing women, they *are* attracted to women whose personal boundaries are so strong that they simply will not suffer guys with waning romantic interest or those who try to take advantage of them.

This is why the tactic of withdrawing from a man whose interest in you is diminishing can make him give chase again. The technique of *withdrawing* communicates to a man that a woman values her dignity more than she does a man’s attention, and therefore will not waste her time and affections on a man who doesn’t recognize her worth.

To a woman who enjoys playing games with men, *withdrawing* from a man may work, but her actions aren’t based on her own self-respect. It’s based on a selfish motive, the need to feed her desire for male attention. However, to a woman with strong personal boundaries, *withdrawing* from an irresolute man is merely a sincere display of her self-respect.

If you learn to value your self-respect more than you value being liked by ANY

particular type of man, you will have no need to play hard-to-get. A woman with a high amount of self-respect doesn't need to play games with men because she WILL defend her personal boundaries, regardless of the situation she may find herself in with the men she comes across.

When a high-quality man comes across a woman with strong personal boundaries, her self-respecting behavior wildly increases her level of attractiveness – the kind of attractiveness that makes him consider her a woman worth committing to. The reverse is also true in that a woman with weak personal boundaries will exhibit the kind of needy or desperate behavior that will compel a man to see her as nothing more than a hookup or a short-term love interest to distract himself with. This sort of thing can happen to a woman with weak personal boundaries regardless of how physically attractive or charming she might be.

Which leads me to the core purpose of this book. Every dating guideline within this dating book is designed to transform you into an irresistible catch to the right guy by helping you strengthen your boundaries with men and better communicate your prize-worthiness (the personal qualities that make him see you as a keeper).

Dating Habits That Attract High-Quality Men

Keep in mind that everything I share with you in this book was written with the utmost sincerity and deepest concern for your love life (or lack thereof). The last thing I want you to do is beat yourself up as you read through these guidelines and realize that you've been making some nasty errors in judgment in how you date men. It is not my intention to beat you over the head with a club. And while you will find some serious 'tough love' in the following pages, it's all written to inform you of how men really think and act towards women when it comes to dating.

Also, keep in mind that this short, little book was by no means meant to be exhaustive. The honest truth is that there may be a TON of reasons why a man becomes distant, loses interest in you, or tries to treat you like a hookup. So instead of trying to help you understand how *all* men think in order to keep their interest, I decided to focus on a single group of men: **high-quality men**.

If you've read some of my other books, namely, [*The 7 Irresistible Qualities Men Want In A Woman*](#), and [*101 Things Your Dad Never Told You About Men*](#), I discuss how this particular group of men think and what they want from women. High-quality guys are a different breed altogether because while they may have higher standards when it comes to the kind of woman they want to end up with, they also have much more to give to a woman.

It's kind of like supply and demand. Men like this are in lower supply and therefore have a lot of women vying for their attention. This is why high-quality men have higher standards for themselves and therefore will not tolerate flaky or disrespectful behavior. A man like this is usually an excellent judge of character and is less likely to waste his time dating a woman who undervalues him or even herself.

High-quality men are men who evaluate a woman's relationship potential based not only on her physical beauty, but her **character** as well. Hence, the guidelines in this book are designed to make you more attractive to high-quality men by helping you to improve the way you conduct yourself in the various phases of dating.

With all that said, I must regrettably admit that this book isn't for everyone. Here are two ways to know if this book will benefit you or not:

1. You want to attract and keep the attention of a high-quality man (a man with high self-esteem, ambition, leadership qualities, compassion, cherishes commitment, has high-standards for himself, defends his personal boundaries,

knows what he wants, speaks his mind, understands the value of relationships, and exudes masculine, sexual confidence).

2. You want to pursue and nurture a *loving relationship that can lead to marriage* with such a man.

If you're not interested in guys that will hold you to a high but reasonable standard (meaning he won't tolerate flaky or disrespectful behavior) or if you're not interested in cultivating a serious relationship with a masculine man who wants and values commitment...this book is not for you. If you want to attract one-night stands, so called "players", or forty something year-old bad boys who think commitment is just another curse word...this book is not for you.

In order to attract and keep the attention of a high-quality man, your dating habits and attitudes (self-belief) must communicate that you truly deserve the unconditional love of a good man. And the only way to accomplish this is to avoid those dating mistakes that make a woman appear desperate, needy, commonplace, or **unqualified for a serious commitment** to a great guy. So if you're interested in relationships with higher quality men and you want to avoid being taken for a ride, taken for granted, or even *mistaken* for a hookup or a short-term fling, then I encourage you to read on.

Chapter One:

Reinforce His Attraction and Train Him to Chase You

1

Never be too accessible. Before a serious relationship develops, do not allow yourself to be too available to a man as men quickly tire of that which is easily obtained.

You've probably heard this all before over and over in every woman's magazine or dating advice blog, but just because it's always mentioned doesn't mean you should take it for granted. As a guy, I can honestly say that one of the most common reasons men lose interest in women is because the women in question do not present enough of a challenge. Giving a man total access to your time and attention, especially early on in a budding romance, is the kiss of death. Men, even good guys, soon get bored of that which is both easy to obtain and easy to access.

Now I know some women reading this are going to roll their eyes, but here's the thing: Being a challenge will not only increase your chances of maintaining his interest, but it will also separate the lazy men from the ambitious ones.

Men's brains are actually wired to solve problems as well as to search for and avoid danger. A challenging, desirable woman presents a man with a healthy problem that's worth solving. And losing the attention of such a woman also

creates a level of *threat* in his mind, the kind of threat that will force him to find creative ways in which to avoid it.

This is also the reason why a man who may seem disinterested in you suddenly becomes proactive about securing your exclusive affections the moment he realizes *other* men are after you. These *other men* not only pose a potential threat, but they also increase your value as a sought-after mate.

Now to clarify, when I say that men want a challenge, I'm not referring to the art of *playing* hard-to-get. Instead, you should actually *be* hard-to-get. And what this means is you should have an exciting, *attractive* life of your own. The kind of life that a man doesn't feel like he has to "save" you from, but the kind of life that makes him feel as if a relationship with you will add value to his own life.

It's not a contradiction when you hear men say they want a challenge but that they don't want a woman who plays games. What men really mean when they say this is that they want a woman who has high standards, who presents herself as a worthy companion, and who also has *zero* tolerance for guys who play games. Great guys want to feel as if being with a woman is both an honor and an adventure.

Men rarely admit this, but they *want to want* your attention. In other words, men want to *desire* a woman just as much (or even more) than a woman wants to be desired by a desirable man. But if access to you is super easy and your attention is super cheap, guys are going to get bored with you *very* quickly.

Also consider that being a challenge means that men want to meet you happy in your singlehood. Great guys want to meet you already *content* with your single status. Notice I didn't say "complacent" but "content." Being content in your singlehood means you're satisfied, fulfilled, and enjoying what you already have.

This is ridiculously attractive to men because it doesn't scream that a woman is needy or desperate. It communicates confidence and high-value. On the other hand, being complacent in your singlehood means you've settled, given up, and simply not interested in a romantic relationship.

So what does this mean in a nutshell? It means that you shouldn't be so eager to give up your family, friends, hobbies, dreams, and aspirations the minute a new guy expresses an interest in you. Why? Chances are, many of these things are what helped to attract him to you in the first place.

2

**Be cautious in how you 'keep in touch' with a man.
Do not dominate the initiations of contact if you want
to keep his interests in you both elevated and
unmistakable.**

As a relationship between you and Mr. McDreamy begins to develop, it will be to your best advantage *not* to always be the one who initiates contact between the two of you. If you find yourself in a position where you're **predominantly** the first one to text, call, and make plans, you're playing the ugly game of Chase-a-Man.

Again, I know some women will read this and roll their eyes while thinking, "*Why can't I just text or call him when I want to?*" or "*Why can't I just keep in touch with someone I'm interested in without it being an issue?*" Well, it's because we men are very unique creatures when it comes to our egos and our sense of entitlement. We only value the things that we've worked for. Therefore, if you always lead the interactions, you're only making him lazy.

Dominating the initiation of contact has the potential to train a guy to become indifferent to you. If you're always the one to first show an interest in seeing him or even keeping in touch with him, you're robbing him of the "space" he needs to miss you and therefore pursue you.

An even bigger issue a woman faces when she becomes "The Initiator" is that she puts herself in a position that threatens her peace of mind. How will you know if a man really cares about you or not if you're always the one to text, call, or visit him? How will you know if he really wants to be with you or if he just wants something from you if you're constantly blowing up his smartphone with cute (but desperate) cries for attention? The short answer: you won't know, and for most women, it ends up driving them crazy when their sincere displays of interest go unnoticed, unrewarded, and unreciprocated.

Letting a man dominate the initiation of contact is the only sure way you can gauge his level of interest. It's akin to the concept I mention in my other dating books for women where I tell them to "let him lead." Showing restraint on your part and letting him lead in this way ensures that you don't waste your emotional energy worrying if he likes you or not. You'll know without a shadow of a doubt based on how proactive he is about seeing you AND keeping in touch with you. It may seem trivial, but *not* dominating the initiation of contact is the surest way to filter a man's desire to be with you.

3

Prioritize phone calls over texting.

You can tell a lot about a man's level of interest in you based on whether or not his method of communicating with you deepens over time. I have nothing against using smartphones to communicate with a guy through text messaging, but I wouldn't be doing you a favor if I didn't tell you the truth. If you want guys

to take you seriously, you must get them to pick up the phone and call you.

Text messaging is a player's best weapon. With this technology he can communicate casually and effortlessly with a multitude of women, using his texts to test the interests levels of each one until he can select the best two or three girls who appear to be the least demanding of his time AND the most attracted to him. A man who has mastered the devious art of maintaining this sort of harem-like situation will do whatever he possibly can to avoid having conversations on the phone with you. What this means is that you can screen against such men by making it clear that if a man wants to see you, he's going to have to do it the old-fashioned way – call you with concrete plans.

Using text messages predominantly is okay in the early (very early) stages after you've met or started dating a guy. But once things get rolling, he should be making an effort to get on the phone with you to get to know you better, to keep in touch, and to make arrangements to see you. Once the ball gets rolling, texting should be used sporadically as opposed to being the primary source of communicating.

Think of communicating with the man you're dating as you would a healthy diet. Having captivating conversations while out on dates, keeping in touch through the phone, and sending an "*I love you!*" through email would be the breakfast, lunch, and dinners of relationship communication. But text messages should be the sweet and salty snacks, the little communicative delights that keep you going in between the bigger meals.

If you want a guy to take you seriously, train him to communicate with you like an adult. Simply assert your needs by gracefully informing him that you'd prefer it if he called you to make plans. You don't have to be an aggressive nag to do this. In fact, you can be firm AND flirty in the way you present your needs to him.

For example, you can tease him through text, telling him that what you'd really like is to hear his voice more often (or even tease him saying that you know he really wants to hear yours). Start off with subtle, flirtatious hints that he should call you, and if those don't work, be direct...but keep it classy.

If you've made yourself clear and Mr. Keeps-Things-Casual continues his texting spree – take your business elsewhere. A man who refuses to call you will certainly *not* take the steps necessary to commit to you in any way, shape, or form. Don't waste your precious time on a guy who won't escalate something as simple as his method of communication.

4

Don't be a flake.

Be a woman of your word and practice being reliable. Reliability is a very attractive quality in a woman. It shows refinement of character when a woman is not prone to and is less tolerant towards flakiness. High-quality men are less likely to court a woman who constantly fails to follow through on her word.

Flaky behavior will send serious male suitors running in the opposite direction. This goes double for men who have a high level of respect for both themselves and others. Why? Because flaky behavior communicates that you're unreliable and simply cannot be counted on in any capacity. And if you didn't know by now, high-quality men want to be with a woman they can rely on without question.

Trust is one of the most important qualities of a strong and healthy relationship. It is difficult to obtain and extremely easy to lose. High-quality men want to cultivate strong, healthy relationships with women they can trust; women who *follow through* on the commitments they've made.

Honesty, or personal integrity is one of those qualities that quality men find irresistible in a woman. Therefore, it's extremely unattractive when a woman rarely follows through on the things she said she would, as it shows a lack of integrity. But how do you know if this is something guys notice and that you need to work on? Simple. If you consistently promise people that you're going to call, be someplace, do something, not do something, etc., and you never/rarely follow through...you're a flake.

To be fair, I'm not talking about making mistakes or even having bad habits that you struggle with. It's one thing if you're *honest* enough with a guy to let him know that you have a tardiness problem. But it's another thing entirely when you make promises that you are simply incapable of keeping.

I'm sure you know by now how frustrating it is when a guy tells you he's going to do something but he doesn't do it. Or you probably know the anxiety it causes you to have a boyfriend who only follows through on his commitments if he *feels* like it. Can you imagine that? A grown man who doesn't do what he says he would do simply because he didn't *feel* like it at the moment. How attractive is that to a woman? Not at all I'd bet.

In the same way being in a relationship with a "might do it", "might show up", "might follow through" kind of guy can be a rollercoaster of insanity, dating the female counterpart to this kind of person is equally frustrating and anxiety inducing.

5

Do not speak ill of your exes, especially if you're just getting to know a guy.

Do not speak negatively about your past relationships. Habitually bad mouthing

your exes in front of men who barely know you won't earn you their pity, it will only earn you their repulsion. High-quality men pay enormous attention to the way a woman treats other men, or, in the case of exes, how she discusses her past experiences with other men.

Even if you're not trashing your exes, it's still wise to be extra cautious as to what you say regarding your past relationships. If a guy barely knows you he doesn't have enough invested in you to "take your side" as you explain to him all the ways the guys you used to date have wronged you. And because he doesn't know you well enough to quickly empathize with you, he's going to make snap judgments about you based on everything you *tell* him.

The thing is, if you're just getting to know a guy and you reveal too much information about your unlucky dating past, he's going to wonder what is it about you exactly that attracts players, losers, time wasters, and one-night-stands. He's also going to wonder if you have a problem accurately judging the men you come across, or worse, assuming he believes that you attract what you deserve, he may conclude that you possess some character defect that draws defective men in to your life.

No man wants to think that:

1. He might be defective since all you seem to attract are defective men, or...
2. He's attracted a woman with more baggage than he can bear.

Another thing to consider is how a guy may view your own level of self-awareness and responsibility. If you declare that most, if not all of your exes were jerks and miscreants that mistreated you, it shows that you're more interested in receiving pity than taking responsibility. We all know those people who continuously get the bad breaks in life but *never* take responsibility for it. It's never "their fault", and they're always the victims in every single scenario.

Men with even an iota of sagacity will avoid getting into a relationship with a woman who insists that she's *always* the victim when it comes to her dating history. I think the classic saying is perfect advice for discussing your exes on dates with men you're getting to know: "If you don't have anything nice to say...don't say anything at all."

6

Never risk your self-respect by trying to force a man to take an interest in you. It is better to disregard a man who displays a wavering interest than to lose both your dignity and sanity fighting for his attention.

Do not fight, protest, struggle, complain, or nag a man whose desire and interest in you is obviously waning. It not only makes you appear less dignified to him (and others who learn about it) but it will affect your self-esteem as well. Keep your dignity and do that which is the most difficult for most women: cease to entertain him.

Take away your attention and feminine affections. Stop entertaining his half-hearted communication attempts (you know what they look like). Turn your attention towards other more insistent suitors. Seek the company of your friends and prioritize your own personal development. If he has any kind of real desire for you, he will pull out all the stops to get you back. If he does nothing, the only thing you'll have lost is a man who wasn't right for you as opposed to losing your dignity as well.

7

Before a man has judged you as 'a worthy pursuit' in

his mind, it is wise to show restraint in displaying your infatuation.

It is usually better to display your infatuations to a man only after you have secured a place of importance in his mind. This is one of the greatest challenges a woman will face during the early stages of a new romance. If you fail to reign in your overzealous emotions toward a newly interested man, he may no longer see you as a challenge worthy of his **full attention**.

Listen, I get it. Romance and infatuation are wonderful things to experience during the courtship process (and even afterwards). However, let me keep it as real for you as possible: If a man becomes fully aware that he harbors a greater place of importance in your mind than you do in his, your prestige will lessen even *more* in his mind.

This applies more to the early stages of a courtship when you're not really sure where you stand with a guy. It can be fun, dreamy, and even almost intoxicating to be caught up in the emotions of a new romance, but an important key to success in the seduction process (for women) is to reach a mutual level of interest *before* acting head over heels with a guy.

You'll know when you've reached a mutual level of interest based on a man's level of enthusiasm when he's with you, his eagerness to be with you, and how much initiative he makes to contact you (that last one is vitally important). You can gauge your level of importance to a man based on how proactive he is about securing your infatuation. In other words, if a man is making sincere and consistent attempts to **make you want him**, there's a high chance you've taken up a place of importance in his mind.

In the early stages of a courtship, a man (especially one with a bit more experience with women) will try to gauge your level of interest in him while he

evaluates your potential importance all at the same time. Showing your infatuation too early reveals your high level of interest in him *before* he has had the opportunity to decipher your significance to him. Remember, men want that which is a challenge to attain. If you hastily make him the center of your universe...what challenge is there?

8

Show flexibility and be easy-to-please.

For your own peace of mind (and his), it's important to be flexible and don't sweat the minor details when it comes to dating. Be adaptable to the chaotic circumstances that come with a new romance and courtship. Relationship-minded men know that an adaptable woman makes for a better long-term partner than a stubborn one.

It's okay to have high standards when it comes to dating men. I'd even go as far to say that you should be the kind of woman who does not suffer fools. Being a stickler for high quality behavior from men will help you to weed out the losers and time wasters. But in your firm resolve to date with dignity you have to know when to be flexible.

Situations will sometimes arise where you have the opportunity to show a man your easygoingness by going with the flow. You don't want to be the kind of woman who's unwilling to adapt to a change in circumstances. Welcome the beautiful chaos that comes with dating and relationships especially, and learn how to embrace the fluctuating situations of a budding romance.

Great guys want to be with women who know how to compromise with the minor things. Now, I'm not talking about compromising your values or anything that could jeopardize your dignity. I'm talking about those things that if you

were even just a bit more flexible with, guys might find you far more pleasant to be around and easy to please. (By the way, this is one of the keys to winning with men: Be hard-to-have but easy-to-please.)

Even if you're really assertive and enjoy getting your way all the time, remember that the kind of men you want to end up with won't find this kind of attitude attractive. The only kinds of men who would tolerate a lack of flexibility in a woman are the passive, pushover types of men – men who probably won't light your fires if you catch my drift.

If this is something you struggle with, learn to keep an open mind and show willingness to compromise with the guys who show a serious, long-term interest in you. Sometimes he'll be late for a date and has to change plans. Deal with it. Sometimes he'll forget to call because he got home late from work and crashed on his couch. Deal with it. Sometimes he'll want to spend time with you doing things you might not enjoy (camping, hiking, volunteering, etc.). Deal with it.

Don't become disgruntled or frantic every time things don't go your way or when you cannot get your way. Show some flexibility and learn to roll with the punches instead.

9

Be willing to show your vulnerable side.

If a man has proven his sincere interest in you, be willing to be vulnerable with him as the relationship progresses. A vulnerable feminine spirit has the capacity to melt the heart of a man. Therefore, it is impossible for a man to develop a deep emotional connection to a woman if she refuses to bare her soul (when the time is right).

One of the greatest tools for developing intimacy in your emotional toolbox is

your very own vulnerability. Being vulnerable takes courage, as there's always a chance that you'll be rejected, spurned, mistreated, or simply misunderstood. The reality is that without an intimate, emotional connection, most guys are eventually going to lose interest in you, no matter how beautiful or gorgeous you are. And to get this deeply emotional and intimate connection you have to be willing to be more vulnerable with the men who prove themselves both trustworthy and worth your attention.

Men do not want to date flawless women, or women who have a habit of masking their insecurities and ugly-sides with insincere behaviors. We want women who laugh at their failures, cry at their mistakes, ask for forgiveness when they're wrong (you'd be surprised how little of this men actually see), and who can share their souls and their secrets *without shame or regret*. The masculine heart is helplessly attracted to the feminine spirit; therefore if a man can stand firm as your emotions wash over him, he's worth your time.

Not only does being vulnerable with a man make him *feel* more connected to you, but it also gives him the opportunity to be a pillar of strength for you. In my book, [*The 7 Irresistible Qualities Men Want In A Woman*](#), I discuss the importance of female vulnerability and how it awakens the masculine spirit. When a woman is willing to bare her wounds at the appropriate time in the relationship it makes room for a man to protect, defend, nurture, and love her. Men may not be as quick to show their emotional wounds but when a woman can be vulnerable with him he has the opportunity to show her both his strength and even his own weaknesses.

Sometimes the very thing you're hiding from the world might be the one thing that makes you exceptionally beautiful to a man.

10

Once a man proves to be worth your love, cease any

Once a man proves to be worth your love, cease any timidity in showing it by concentrating your efforts on escalating his emotional attachment to you.

Contrary to popular belief, unless you're only attracting players and Lotharios, most men want emotional intimacy. I've come across women who knew how to escalate a man's desire for emotional closeness and those who didn't have a clue. I definitely stuck around much longer with the women who knew how to escalate my emotional interest in them (my wife being the best of them).

There are two ways to accomplish this. The first one is being receptive. When a man does *anything* that shows that he cherishes you and wants to protect, provide, or possess you (ownership)...*appreciate it...a lot*. Your appreciation will reaffirm that you accept his masculine need to protect, provide for, or possess that which is feminine and tender. When he tells you secrets, cherish it. When he shows you glimpses of his heart – the insecurities, the hopes, dreams, and hang-ups, no matter how ugly they are...cherish him. If he does something unusually thoughtful or goes out of his way to meet a need of yours...cherish it and show your appreciation in word and deed. I cannot stress this enough.

The second way to go about this is by drawing him in to you with enticing moments of female tenderness. These moments display a woman's capacity to **love proactively**, and they're usually the moments men remember most when you ask them: "So when did you know that you wanted to marry her?" They are subtle, but most importantly, they are *specific* to different men. What one man may find to be an unforgettably adorable moment with you another man might not even consider significant at all.

One of the keys to loving proactively lies in how effective you are at understanding the way the man you're interested in prefers to give and receive love. For example, some men need more words of affirmation to feel loved,

while others need acts of service. Some guys need more physical affection. Others require small, thoughtful gifts, and some even require more quality time to feel special to a woman.

This subject is covered much more in-depth in bestselling author, Gary Chapman's book, *The Five Love Languages*. In it, he defines the five love languages and how important it is for couples to communicate in the love language that their significant other desperately needs. It's an eye-opening read if you want to exponentially enhance your ability to form deeper emotional connections with the men you date.

Because there's never a guarantee that your deliberate displays of love will be appreciated or reciprocated by a man, I'll admit that a woman has to be vulnerable and be willing to risk rejection to love proactively. Generally, men risk rejection by being the pursuers and initiators of romantic interest. Women on the other hand, risk rejection as the primary pursuers of commitment. In the same way a man must put his neck out there to approach, meet, and secure the romantic desire of a woman, a woman must accept the risks that come with getting a man to form an emotional attachment to her (in order to secure his commitment). This is done by her thoughtful acts of love and loyalty.

Fortune favors the bold, however; so don't be afraid to offer your love and loyalty to a man after he's begun to show you a definite romantic interest. Most importantly, as things progress, don't worry about the outcome and never keep score. Simply love him proactively and use both your common sense and female intuition to decipher whether or not your love is being respected or simply taken for granted. If a man respects, responds to, and returns your love with greater displays of loyalty and commitment...he's a keeper. If he doesn't, kick him to the curb.

Chapter Two:
The Right Mindset and Approach for Winning With
Men

11

Do not confuse a great guy with the right guy. A man might be an irresistible catch and yet he may still not be ready or willing to give you the commitment you want. Appraise the men you date based on both their inner qualities AND the compatibility of your commitment goals.

Many women make the mistake of making dating all about trying to find Mr. Right. This is the idealized version of what they believe is their Prince Charming. The flawed thinking in this approach to dating is that you place so much importance on the ‘rightness’ of the men you date you end up not paying attention to the ‘rightness’ of the relationship.

You may actually find yourself in a situation in which you’ve found the greatest guy in the world but he’s just not on the same page with you in terms of commitment. He may be handsome, loyal, kind, masculine, ambitious, *and* interested in you while at the same time be unable or unwilling to take things to the next level. And when I say ‘taking things to the next level’ I’m referring to

whether or not he's taking action to make you his girlfriend or, if you've been dating for years now, his wife.

This sort of thing happens more often than you'd believe, as women find themselves unable to leave a stagnant relationship simply because the guy they're with is Mr. McDreamy. The right man won't just possess the kind of qualities you find attractive in an ideal mate; he'll also be in a place to cultivate the kind of relationship you're ultimately after. In short, Mr. Right is also Mr. Commitment-Compatible.

A woman can save herself from a ton of heartache and disappointment by being willing to wait for the Mr. Right who also wants the right kind of commitment. As I say in my book, [*101 Things Your Dad Never Told You About Men*](#): Don't try to force a round peg in a square hole. Sometimes a man won't commit because the time isn't right for him. In such cases, it may be better to move on and wait for something a little better to come along.

12

Do not diminish the value of your love by lavishing it freely upon a mere casual suitor. Female devotion, when a man has not yet earned it, is not perceived as “devotedness” in his eyes...it is seen as desperation.

If you wish to keep a man interested long enough to at least secure a relationship, do not rush to be his all. For most men, their desire to **commit** to a woman follows their **attraction** for her. A woman who is desperate with devotion to a man, one who has not yet offered her an exclusive relationship, does not arouse his love or desire, only his amusement.

One of the things that turns a man off and sends him running in the opposite direction is a woman who acts desperate with devotion when such devotion has not been earned or is not mutually shared. Instead of triggering feelings of love and desire, for a lot of men it merely triggers feelings of remorse and responsibility. For opportunistic men it will only trigger feelings of amusement and pity.

To clarify, I'm specifically talking about women who have the dangerous habit of giving their all to the men they date. Don't do this. A desperate woman becomes an unhappy and anxious woman, and she always ends up sharing this angst and fretfulness with the men she dates. Once this unhappiness becomes burdensome enough, even a good, well-intentioned man will find it difficult to stick around.

When a woman gives her full devotion to an unfit or undeserving man, she may find herself slowly falling into other unattractive behaviors. For example, she may end up exhibiting possessive behaviors that may further sabotage her chances with a guy. Because of her neediness, she'll soon feel compelled to make unreasonable demands regarding his time, his other relationships, and even his obligations.

It's usually this category of women that men dub as being 'clingy' or 'needy.' While men do want to be needed by a woman they want to first *earn* their way into a woman's confidences. If you act needy with a man who has not earned such emotion or devotion from you it will cause him to lose interest *very* quickly.

13

Set your standards high and be willing to assert yourself and defend your personal boundaries with

the men you date.

Relationship-minded men want a woman who has her own standards and who clearly defines and defends her personal boundaries. No man's dream-girl is a doormat unless the man in question is looking for a free ride at a woman's expense.

A woman with weak personal boundaries is easy prey for both manipulative and low interest men. Women like this are heavy on approval seeking and people pleasing, and tend to fall into the Ms. Nice Girl category. Don't be the Nice Girl! Great guys don't want a woman they can walk all over. I mean, where's the fun in that?

Clarification first: Being Ms. Nice Girl means you *allow* people (especially men) to walk all over you. Being Ms. Nice Girl means that you make silent contracts with men that read: *"If I'm really nice, accommodating, and self-sacrificing towards him, then he'll be really nice, accommodating, and self-sacrificing towards me."* And when this silent contract is not met, Ms. Nice Girl quickly turns into a guilt-tripping, passive-aggressive, emotional manipulator. It is at this point she becomes upset and frustrated with a guy after he either neglects to address a need that was never clearly expressed or when he oversteps a boundary that she failed to enforce.

Naturally, only in a perfect world will people behave the way we want them to. So being too nice and accommodating with men, without having your own standards and firm expectations, will result in constant frustration. Even the good guys you date will end up losing interest because your actions will communicate how little you value your own needs and wants.

You can be warm, sweet, sincere, and loving with a man without being a mat to walk all over. What you want to be with men is assertive, since it's a necessary

component to cultivating healthy relationships of any kind. And get this, high-quality men find assertive women particularly attractive because these women tend to know what they want and what they expect from a man, and they believe they deserve it. Assertive women enforce their personal boundaries and know how to handle disagreements with grace. Women like this are emotionally mature because they understand how to respectfully handle conflict with a man without being overly confrontational or manipulative.

14

Never sacrifice your deepest passions in life just to keep a man interested in you.

No matter how great you think a guy is, never settle or sell yourself short just to secure a relationship. Men don't want women who'll give up everything just to be with them. Your dignity should always be more important than your relationship status.

Trying to mimic a man's ideals or betraying what's important to you just to make him like you is unattractive and undignified. Doing so speaks volumes about how little you actually value your own values and priorities in life. It is my personal belief that a woman shouldn't have to change certain things about herself just to attract and keep a man, especially if those things are very important to her.

I once dated a young lady who had an obsession for politics, and when I say obsession, I'm probably making an understatement. This was at the tail end of my casual dating phase and so I was actually looking for something a bit more serious with a woman; someone I could see myself marrying someday. Unfortunately, while I do keep abreast with politics...I'm not one to fill most of

my spare time with in-depth discussions about the government. I felt it was important for me *not* to waste anymore of this young lady's time, so, after a few short weeks of casual dating I eventually told her that I thought we should see other people.

I'll admit, we had fun together and there was a mutual attraction...but even with all the chemistry, there was a strong lack of compatibility. She was studying to be a lawyer and someday saw herself running for office. A wife in office was not something I fancied for my future. So naturally, because things had *seemed* to be going well she wanted to know why I wanted to call things off. Of course, I was honest and told her why. She proceeded to make promises claiming that she wasn't *that* interested in running for office or that law and politics weren't *that* important to her and that she could give them all up to be with me.

Yes, this really happened.

The thing is, I didn't want her to change. She was intelligent, sociable (very sociable), and a blast to be around...but what was important for me in a future mate clashed with what she had her heart set on. I was mature enough not to delude myself (or her for that matter) with the thought that she'd change who she was and what she wanted just for me (a guy she dated for a few weeks). I would rather she found someone who wanted to be with her for who she really was and whose ideal of a wife matched the desires she had for the future.

She was really trying to convince me that she would change this aspect about her life. Even though I was conflicted about calling it off before (because of the great chemistry, etc.), when she said that she would change, my decision only solidified. It was unattractive because it didn't seem as if she valued her own interests enough, and worse, it felt manipulative.

So what's the moral of the story? Simple. Don't pretend that you'll become or do something for some guy just to get him or to keep him. It could be your future

desire to adopt all your children, your devotion to your religious beliefs, or something else life affirming. Whatever it is, don't be so quick to cast it aside if doing so could potentially make you miserable. It's not worth your happiness or your dignity to do so. And you should be especially wary about men who try to *force* you to give up such things just for their sake.

I shared this story to show you that sometimes when a guy calls things off it may actually be for your best interest. You don't have to look at every rejection from men as something you did wrong. We all have different wants in life. So if you want to avoid the misery that comes with compromising who you are just to keep a guy interested, learn to stay true to what's really important to you.

15

Do not tolerate men who feel the need to conceal you from the world.

There are two ridiculously easy ways you can tell how important you are to a guy. The first is to pay close attention to how eager he is to show you off to the world, and the second is to closely observe how eager he is to spend time with you when there's little to no chance of you being physically intimate with him.

If you've been dating a guy for several months and haven't met any of his friends, you *may* be nothing more than a short-term prospect to him. The reality is, unless he's a weirdo with zero social connections, when a guy is serious about the woman he's with he'll eventually want to show her off to his friends, his family, and anyone else in the vicinity. If he's not commitment-minded and he's just looking for a good time, he'll either be indifferent or extremely opposed to introducing you to important (or even unimportant) people in his life.

Keep in mind that men are very logical in their thinking. Therefore, on a

subconscious level, it simply doesn't make sense for a guy to involve a woman in the other areas of his life if he doesn't have any long-term plans for her. The adage to "think like a man" comes to mind in this case, because where you stand with a guy will become as clear as day once you take into consideration his enthusiasm, or lack thereof, to be seen with you in public.

The situation is basically the same if you rarely go out together on real dates. If the only time you meet up is to chillax at his (or your) place for dinner and a movie, he might be trying to keep things intimate enough to keep your interest while also concealing you from the other aspects of his life.

The worse scenario of this is when a man's *seemingly* apathetic attitude towards going out on dates with you turns out to be something else entirely. Men who tend to juggle several women at once, the "players", usually play it safe by not going out on dates altogether. You may think that he's just lazy or uninterested in dating in public, but the real truth is that he'd prefer not to risk his "girls" bumping into each other. This sort of thing happens to women more often than you think.

On the other hand, sometimes a guy's apathetic attitude towards going out on dates with you is simply a sign of low interest. During my casual dating phase, there were girls I was highly interested in and was therefore *very* enthusiastic about being seen with. For women like this, I went out of my way to go out with them because I was *proud* or *honored* to be seen with them AND I wanted to maintain their interest in me. On the other hand, there was another group of young women I dated where I wasn't necessarily ashamed of them, I just knew on some level that they didn't matter enough to me to inspire me to make much of an effort.

I should mention that this particular group of young ladies (the ones I made little effort to "date") fell into another two categories. Just like me, some of them

weren't looking for anything serious, which worked out fine for everyone, but then some of them wanted something more.

The fact that you're reading this book means that you want something more substantial from the guys you date, which also means that it's in your best interest to apply the lesson from this point: If he's not making an effort to be seen with you in public...he doesn't have any long-term plans for you. Don't delude yourself into thinking that you can convince him otherwise, as it will undoubtedly lead you into a frustrating dating situation or a dead-end relationship.

16

Do not rob a man of the opportunity to be captivated by you because of your determination to attain a commitment.

Do not deprive a man of the joy of conquest. Men want to feel the emotions of becoming captivated by a woman, and they can only feel such emotions from wooing her. If you concentrate too much only on what you want you may fail to give him what he needs – the challenge of wooing you.

Men commit to that which they have greatly esteemed and placed a high value on. There's nothing wrong with wanting a serious, committed relationship, but do not neglect being his conquest. Because at the end of the day, what high-quality, relationship-minded men really want is to fall in love and be seduced by the right woman.

A man *wants* to be with a woman that makes him *desire*, or put another way, he wants to *want* to commit to a woman. If you become complacent in your seduction, your once loving and adoring man may soon realize he has nothing

left to work for. Men actually fear having nothing to desire as much as women fear not being desirable. To truly understand this, you may have to think like a man.

Imagine if a man becomes interested in a woman but soon finds that she's more fixated on attaining a commitment than giving him the opportunity to properly woo her. For him, the fun *dating process* has now turned into him *being processed* where he'll feel as if every date with you is just another step closer to filling in a job position as your boyfriend. He'll end up feeling cheated. And even if you're as good as they get when it comes to being girlfriend material, he will still lose interest very quickly.

Part of the of fun of dating for men is in the "winning." We want to feel as if we've won the attention and affections of a woman who's worth the effort. And because a man's actions reveal what's in his heart (especially to himself), your job as a woman is to ensure that he feels as if he's making an effort. Read that last sentence again.

Because a man's actions *inform* him of what's important to him, he will recognize just how much you really mean to him through his effort. You can have a no-nonsense attitude toward dating in that you don't want to play games with men. But even this kind of attitude can be taken to an extreme if you're not careful. Men don't want women who play games...but they do want to be enchanted by a woman.

It's like being sold to. Nobody wants to know that they're being sold to, but we all enjoy the process of buying something we really, really want. It's the same way with seduction. **As men, we don't want to feel like we're being processed into a relationship, we want to be happily seduced into one and be blissfully ignorant of how it happened.** We want to be seduced by a woman we adore, one who has our best interests at heart. But even a good woman could become

dull and uninteresting if she cares little for the process of captivating a man.

So what's my point? Simple. Know what you want and stick to your standards, but don't forget to be enchanting, flirty, and fun during the dating process. Relax into your femininity, invite him into your world, and playfully tease him into wanting more and more of your time and attention. Don't merely depend on your substance alone to draw him in; you have to know how to *market* that substance to keep a man's interest keen.

17

Do not allow a man's love for you to stagnate because of your own unawareness or complacency. Use the possibility of your absence in his life to stir a man to action when his desire is weakening.

Never allow a man's love for you to stagnate once he has become exclusive with you. A woman with an apathetic boyfriend will soon find herself single in short order. If you've been dating a guy seriously for some time and you're quite sure that he's started taking you for granted and has become apathetic to the relationship...you need to make him anxious. This is your best option if you don't want his love to stagnate. If you do nothing, then expect nothing to change or expect him to dump you when he realizes things have just 'died' between you two.

Assuming he's your boyfriend you should first have a heart-to-heart conversation with him in order to alert him to your sincere concerns. There's no need for you to get overly emotional or antagonistic. Just retain your calmness and gracefully communicate your needs with him and give him a fair amount of time to respond with a change in his actions. If after that time he shows no signs

of changing, it might be time for you to withdraw your attention and affections from him. You have to be honest with yourself and create enough space between you two so that he has time – time away from your warmth, generosity, and affections – to realize that you value your own sanity enough not to remain on a sinking ship.

Unfortunately, some women do the opposite and choose to become testy and nagging to their boyfriends, thinking that this will ‘inspire’ them to show a little more interest. Force will not work with men (the kind of men you want to be with at least) and here’s why: If you use force, you’ll stir his anger, which may lead to resentment and/or complete disinterest.

However, by withdrawing yourself you’ll give him the space he needs to miss you. And if you actually mean anything to him, the very space you’ve created can potentially make him anxious about losing you. The only way he can get rid of this anxiety is to take some action. Whether the action is his *refreshed* pursuit of you or his giving up on the relationship entirely will depend on how much he values what you both have as well as his own level of maturity.

Either way, you cannot lose. If he breaks up with you, he’s proved his low level of interest in you. But if he begins to adore and chase you again, you win, and you did it without using force.

18

Never act exclusive with a guy who’s still looking to keep his options open. If his attitude towards commitment seems cavalier...carry your business elsewhere.

If a man tells you he's not looking for anything serious...believe him. And if a guy is clearly giving you those early warning signs that he's only in it for the short-term...get out before you get too comfortable and things become too difficult to break off. If long-term relationship happiness is your goal, becoming intimately involved with a self-declared rolling stone is the surest way to heartbreak.

Some women don't have this kind of guy problem and can easily pass up on Mr. Rolling Stone without blinking an eye. But there are still a good number of women out there that habitually attract and entertain these kinds of men. The reasons for doing so are numerous and can be anything from low self-esteem, self-delusion, or even a lack of experience dealing with men. But it can be even more difficult for a woman to pass on such men if the Mr. Rolling Stone in question is a man of high status, an extremely physically attractive specimen, or an eligible bachelor who's highly sought-after by other women. To make things worse, consider that a lack of options (loneliness) combined with low self-esteem can exacerbate the problem and really make a woman less inclined to pass on the irresistible Mr. Rolling Stone.

If you believe you can do better you will ignore guys who don't want what you want (a relationship). No matter how handsome, successful, popular, or desirable Mr. Rolling Stone is, if you value your own worth more than his attention and adoration, you'll have a much easier time turning away seemingly desirable but non-compatible men.

The other problem is a lack of experience. It's easy to fall prey to the seductive wiles of an experienced man if you yourself have little experience dealing with men or little understanding in deciphering a man's romantic intentions. With time some women develop the ability to cut through a man's mixed yet alluring signals in order to figure out his true intentions. Some learn the hard way while others learn through other women's experiences. For Mr. Rolling Stone, it's as

simple as taking him at his word or taking note of his uncooperative attitude when it comes time to DTR (define the relationship). Don't think for a moment that his cavalier attitude towards serious relationships is merely a tool to seduce you. It's not *just* a tool to seduce you...it's probably the truth.

The final reason women tend to entertain Mr. Rolling Stone is because of self-delusion. This is probably the worse of them all because it can be the most addictive. Some women believe that they can change Mr. Rolling Stone into their very own Mr. Commitment. Women like this entertain the misguided belief that if Mr. Rolling Stone has taken an interest in them then they must be special to him, and if they are special to him then they might be able to sway him into *wanting* a serious relationship.

Of course, I don't have to tell you that this sort of Narnian fantasy just doesn't occur in the real world. Don't be one of those women who fancy the idea of captivating a desirable man who thinks himself incapable of being captivated. Learn to trust your intuition if a man shows either a hostile or cavalier attitude towards commitment, or better, if he tells you he doesn't want anything serious...believe him and believe you can do better.

19

Don't fall into the trap of believing men when they tell you they have "commitment problems."

Do not entertain, sympathize, or attempt to change men who make such claims. If a man tells you he has commitment problems he's either using it as an excuse for his lack of serious interest in you or he's totally ignorant of his real problem.

For some women, when they hear a man admit that he has 'commitment problems' they may see this as a personal challenge. Sometimes a woman may

be so smitten with a guy that a confession like this makes her try *harder* in order to change his mind and make him finally see that she's 'the one' he'll just have to make an exception for. Unfortunately, the reality is this: Men don't have commitment problems.

The same guy that refuses to make your relationship official and after dating you for eight months, reveals to you that he has commitment problems might be the exact same guy who breaks up with you for a girl he decides to marry after only six months of dating. It happens...a lot. And the main reason being is that men don't always understand what's really going on in their hearts. And even guys who do understand might not tell a woman what's really going on if it might cause them to lose out on all the sweet benefits that comes with dating her.

Ladies, I'm here to tell you that if a man tells you he has a commitment problem, nine times out of ten it simply means that he has a problem committing to you. Whether his inability to commit to you is due to relationship issues, things he can't accept about you, or his own hang-ups are inconsequential. What matters is that when you hear something like this you understand immediately what he's really trying to say to you, which is: "*I'm just not that interested in you...*"

For men, 'commitment problems' can mean anything from "I don't like you enough" to "I'm not happy with my life" to even "I like being with you now... just not in a for better or for worse kind of way." Most of the time though, a man who dates you and claims he has 'commitment problems' is merely waiting for something he thinks is better to come along. In other words, if he *thinks* he can do better than you he's never going to take things to the next level with you because he'll think that he's settled. Younger men especially tend to fall into this sort of self-delusion, believing that if they could just wait a little while longer they could end up with someone like [Penny](#) from *The Big Bang Theory*.

So what's a girl to do then? Simple answer: Never be a crutch to a man's self-

delusion and don't be the kind of woman that men can string along indefinitely. If *you* think he thinks he can do better, ditch the dude. Move on, focus on your own personal development, and aim to date men who both recognize and appreciate your accruing worth in its entirety.

20

Ensure that you accept how men actually are when it comes to sex rather than how you wish men were. Base your expectations in reality then adapt your dating strategy.

Before you have sex with a man you possess nearly all the power in the relationship, but after you grant him access to sex you possess very little. Giving away your power to casual, short-term suitors is not an effective dating strategy if marriage is your goal.

Here's the thing: *most* men are less likely to stick around if they can have their way with a woman sexually without having to make a *significant investment* in her first and foremost. I say 'significant investment' because a man values that which he has sacrificed greatly in order to attain.

In an [earlier point](#), I mentioned that a man will realize how much he actually cares about a woman based on the totality of his actions regarding her. The more sacrifices he makes for her in terms of time, acts of significance, and commitments, the less he can rationalize away her importance to him *even* if things do not work out in the long-run. The strange thing is, the more significant investment a man makes the higher chance you have of maintaining his long-term interest in you. This is because he'll have no choice but to see you as being far more valuable to him than other women.

Some women have no idea that constantly giving non-committal men access to sex can have a detrimental effect on their self-esteem over time. It can even be soul crushing for a woman each time she has an experience where a man disappears off the face of the earth after he has sex with her. This is especially the case if the woman in question actually wants a serious relationship.

Some more ugly truth: men will say just about anything to get sex. To get a woman into bed (or anywhere else), even the most simpletons of the male species become calculating masterminds with more creative, well thought out plans than [Petyr Baelish](#) (you *do* watch *Game Of Thrones* right?).

The very same guy that was texting you day and night, ditching his friends to be with you, and showing up to your work all romantic like is the very same guy who will almost instantaneously transform into a dispassionate rascalion the minute you have sex with him.

As I already mentioned, before you have sex with a man you possess nearly all the power in the relationship. This is because women are the gatekeepers to sex, which is one half of the mating equation. After you grant him access to sex you possess very little power because you've played your best cards already. Sure, you can simply stop having sex with a guy if he becomes dispassionate, but since he's already made the score, why should it matter to him? Men are the gatekeepers of commitment, our highest card being marriage itself. Giving away your power to casual, short-term suitors is not an effective dating strategy if something more substantial is your goal.

So what's the big takeaway? It's better for a woman to hold on to her power until she meets a man who's serious enough about her to *make the effort* and place his best cards on the table.

I wish I could do this point more justice because I'm convinced that most women have been monstrously misled as to how men *really* think and behave

when they're interested in something short-term or something substantial. I strongly suggest you give [this fascinating video](#) about the economics of sex a watch for some further insight. It was made by the Austin Institute and provides an eye-opening look into the supply and demand of sex and how it shapes men and women's dating strategies.

Video link: <http://bit.ly/NSNW28>

21

Allow your attraction to male behavior to mature so that a man's aloofness, while it may excite you, does not *train* you to chase him.

If a woman has not trained herself to abhor emotional drama, her emotional intensity for a man may simply be a product of her "fear-of-loss." A man's mixed signals, aloofness, and unpredictability can stimulate your female desire to the point where you may find yourself chasing him so as not to lose his interest. If you fear his rejection or his desertion so much that it exhilarates you, you may find yourself doing anything and everything in your power to please him – which is exactly where he wants you.

In the game of attraction, *male aloofness* is the best tool a man has in his arsenal to hook you and keep you so emotionally off-balanced that you can't see him or the relationship for what it really is. As long as a man can keep you confused with his mix of emotional detachment and unpredictable tenderness, he can get what he wants from you without ever (or rarely) having to give you what you want. You'll be so busy thinking about what he wants, how to make him want you, and how to make him happy (so that he can want you), etc., that you'll *neglect* to really consider whether or not he's actually interested in making you

happy. Read that paragraph again.

Don't confuse the emotional high a man gives you with his level of interest. An emotionally confused woman is easy prey for players, a good time for time-wasters, and a ton of fun for the non-committal. As long as you're confused about how he feels about you, what he wants, or even what the future looks like with this man...you're already in a dangerous situation.

Here's the truth: for the men who use male aloofness as a conscious strategy to get what they want from a woman (at her expense), there will never be a shortage of women that this *will* work on. Nothing you can say or do will change these types of men. So I'm not suggesting that you "flip the script" on him and become aloof yourself to beat him at his own game. That's an insane way to start and maintain a relationship. Instead, you'd be better off if you simply adjusted your dating strategy so that your experience with such men is kept minimal. Use your "confusion" to help you realize when you're dealing with a wolf in sheep's clothing and respond accordingly by taking your business elsewhere.

This is why you need to know what you're willing and not willing to put up with *before* you invest your time in a guy. Having a set of rules or guidelines gives you standards that will allow you to make cold, rational, and what may feel like risky decisions when it comes to dating and relating with men. You won't have to try to make excuses for any particular guy because you've decided to become a woman with boundaries.

Interestingly, every time you walk away from a distasteful dating situation you make an investment in your self-respect. Over time, these investments will naturally increase your self-confidence; the kind of self-confidence that men can't help but notice. As I've said many times before, high-quality men *love* women who do not tolerate scoundrels, scrubs, and scallywags.

So what's the big takeaway here? It's simple really: Use the emotional confusion

you feel about a man's detached behavior towards you as a big, red, flashing warning sign that you're being taken for a ride.

Now, I will not lie to you...this will not be easy if you subconsciously enjoy the emotional drama that comes with dating men. If you have a deep-rooted preference or "taste" for men who consistently make themselves unavailable or inaccessible at your expense, you need to adopt a more mature way of looking at romantic relationships.

The thing is, until your *taste* in male behavior changes you'll continue to fall prey to the emotional highs and lows that come with dating players and the non-committals. Even worse, if you decide not to evaluate men based on their consistent display of high-character in how they treat you, the high-status, relationship-minded men who want to settle down with a great girlfriend will continue to overlook you for relationships.

In fact, if you really want to avoid falling prey to the pull of a highly desirable yet high drama man, you must reach a point at which overly aggressive, narcissistic, emotionally unavailable, or irresolute men turn you off *instantly*. It should immediately creep you out when you realize that a man, whether he's aware of it or not, is using mind games or emotional indifference to fuel your feminine desire. I cannot stress enough that you need to have zero tolerance for such men if you want to attract a great guy who actually wants to be with you and only you.

Chapter Three:

Communicate High-Value and Be the Woman Men Adore

22

Stay positive as you search for the right suitor.

It's important for a woman to understand that rejection, love loss, and bad timing are all a part of the dating journey. You may be tempted to act wishy-washy with men after a string of guys treat you the same way. You might find yourself crying on the floor of your bedroom when a guy breaks your heart. Or you may be tempted to cut off your hair (you know it happens) after a tumultuous breakup with a man you gave your all to. That's okay. Just don't let these types of experiences define you.

If you become easily disheartened after a bad breakup or because you lost some guy's interest, you may find that your attitude towards men may slowly change for the worse. Nothing is more unattractive to a quality, genuine guy than a woman who seems as if she doesn't *enjoy* being around men.

Don't allow your baggage from past relationships to affect your attitude towards men and dating. Guys who are a bit more experienced with women have radar for this sort of thing. They can easily (and rather quickly) pick up on those behavioral cues that reveal a distrustful or cold-hearted attitude towards men.

So as you go through trial and error in your search for a man who deserves your

all, maintain a positive mental attitude. Have faith that your Mr. Right is out there as well, and is probably going through just as much dating hell as you, if not more, in his quest to find you. When it comes to finding your Mr. McDreamy, your foundational attitude should be based on the reality that if one woman can find her Mr. Right and marry him, so can you.

Don't let your past be a club that beats you over the head every single day of your life, let it be a teacher instead. Have the courage to [love and be loved](#), despite your past.

23

Be graceful when communicating with men. The masculine heart is helpless in the presence of a woman whose language is tender and respectful.

Ensure that you communicate gracefully with the men you date. High-quality men seek out women with high emotional intelligence for relationships. These are women who can confidently express themselves without emasculating their guy in the process.

The way you handle disagreements and conflict plays a huge role in how men determine whether or not a relationship is worth it. There's nothing wrong with being very assertive if that's your personality, but there's a difference between being assertive and being aggressive in how you communicate with men. The former is attractive, the latter not so much.

If you find that the men you date continually shut you out or shut down on you (both are examples of male stonewalling) during an argument or even during minor disagreements it may be because you have difficulty communicating

respectfully with men. In my book, [*Make Him BEG For Your Attention*](#), I help women to fine-tune their communication so that they can make the guys they love and want much more emotionally drawn to them. In that book I show women that it's important for them to communicate gracefully because a man **disengages emotionally** when faced with constant disrespect while interacting with a woman. I also pointed out that the more this happens, the more disengaged a man will become until he's finally had enough and decides to call it quits, call it off, or not call you ever again altogether.

Generally, men tend to translate and handle disrespect and/or hostile communication *very* differently than women. For example, based on the research of Dr. John Gottman, world renowned for his work on marital stability and divorce prediction, women are able to handle their partner's disrespectful communication far better than men. In his studies, men tended to show greater signs of both physical and emotional stress during and after arguments with their partners. Things like contempt, criticism, snide remarks, and rudeness had a **worse effect** on the emotional well being of the men in these experiments than it did on their partners. Guys just couldn't seem to bounce back as quickly as the women after enduring hostile and disrespectful communication.

All of this has more to do with our natural design than anything else. Men need respect the way women need love. To a man, being disrespected is actually *worse* or equal to being unloved. It's that serious. Men are less equipped to deal with a disrespectful woman in the same way in which women are less equipped to deal with an unloving man. Keep this in mind as you interact with the men you date.

24

Embrace your inner vixen.

Some women, at some point in their lives (usually when they become young adults), learn to embrace their feminine sexuality as they naturally grow into the awareness of how men perceive female beauty. As adults they gradually figure out what sort of things a woman can do to automatically “turn men’s heads” wherever she goes. And by personal experiments with the way she dresses and behaves, she maximizes what God gave her in order to make herself as attractive as possible to the opposite sex.

However, for a multitude of reasons, a woman may find herself “stuck” in a phase of dress and behavior that does little to “turn men’s heads” simply because she has either chosen to ignore her own sexuality or she’s become ashamed of it. The great thing about embracing your inner vixen is that you don’t have to become a Victoria Secrets Angel in the process in doing so. It’s not about trying to become a runway supermodel. It’s simply about adjusting *how* you present your natural beauty to the world.

If the men you date consistently refer to your physical beauty as being “cute” or you find that the guys you want to date often choose more “beautiful” looking women, you may be suppressing your feminine sexuality. And regardless of what your personal “style” might be, if you’re facing the problem where men barely notice you, you’re going to have to learn how to evolve from simply being the “cute one” and graduate to the “hot one” at some point.

Now, let me clarify for a moment. When I say that a woman should embrace her feminine sexuality, I’m not saying that she has to become “sexualized” in her dress and behavior just to hold a man’s attention. Embracing your feminine sexuality simply means to become *confident in your own skin*. It simply means loving the fact that you have breasts, shapely hips, soft features, etc., and not being ashamed or hesitant to incorporate them (with class) in your quest to attract a great guy.

If you want men to take you seriously then you must at least *consider* what a man sees when he looks at a woman. When a mature, masculine, high-quality man is searching for what he considers ‘girlfriend material’, he doesn’t want to end up with a girl...he wants to be with a woman. Quality guys love confident women who display their high-value in both their character and their appearance. And this confidence is communicated loud and clear when a woman looks and moves (body language) like she *believes* she’s desirable.

The difference between being considered “cute” or being “breathtaking” can be so subtle sometimes that many women, usually those who never mature in how they present themselves physically, consistently miss the mark. And while looking “hot” without the accompanying attitude won’t be of much help, sometimes dressing the part can do a lot to affect your attitude. (I know I feel a hundred times more charming and debonair in a sharp-looking suit...but that’s just me!)

For example, let’s say it’s winter outside, what do you have in your closet to wear? Do you go with a baggy winter jacket that can fit four people and that drops just below your knees or do you choose the trim winter coat that fits you perfectly and stops at your waist so that it doesn’t block the shape of your hips in those winter jeans? A simple example to be sure, but apply this sort of “cute” versus “hot” analysis with your entire wardrobe (including makeup and hairstyle).

I used the example above to illustrate how simple it is to overlook the “hot” choice if you’ve been conditioned to suppress your natural gorgeousness. In the above example, a simple choice of winter jacket could mean the difference between looking regular or looking even just a tad bit hotter. The example also illustrates that you don’t have to go to extremes to make your look more sexually mature, especially if you’re concerned about attracting the wrong kind of attention.

Naturally, dressing slutty will net you the attention of the wrong kinds of men, but dressing unappealingly will net you the attention of no kinds of men. As in everything, modesty and class is key. There's no need to hide your shape or be ashamed of your mesmerizing walk so long as you present yourself with elegance.

Of course, if all this seems foreign to you and you didn't grow up in an environment where being beautiful, elegant, or sophisticated was important, embracing your feminine sexuality in this way will take practice. Changing one's style or personality isn't an overnight event, but the biggest challenge you'll have is overcoming your own natural inclination to fall back into lazy habits, especially if you're quite comfortable with being "cute."

Don't get me wrong, while there's nothing wrong with being "cute", consider that "cute" is easy to pull off, thereby placing you in the same category as most women. Being "cute" doesn't take much work or any risk at all. Being "hot", "gorgeous", or "breathtaking" on the other hand, requires effort; effort that has the potential for big payoffs if you find yourself in the right place at the right time.

Imagine when that Mr. McDreamy you've had your eyes on finally stares at you and says, "Wow, you look *hot* today! Did you do something with your hair?" *That*, my dear, is a true male compliment, one that isn't thrown out at just any passing woman. Ask any red-blooded man and he'll agree with me on that.

Presenting yourself as a mature, confident, and desirable woman makes you appear highly selective, high status, and therefore, highly valuable to the opposite sex. Remember that.

25

Do not become complacent with your appearance

after you've attained an exclusive relationship.

Yes, he loves your personality and believes that you have an inner beauty that surpasses that of every other woman he's ever met. But the dating marketplace is still a war zone, and even though for the time being you're the sweetest and most wonderful woman he's ever met...all that can be eclipsed in time if you neglect that which captivated him in the first place: your physical beauty.

Some women have the bad habit of falling into complacency the minute a man has centered his attention on them. In fact, the opposite should be true. When a man has centered his desire on you and is pursuing you, this is when you should *really* do your best to maintain the magic of all that he finds appealing about you.

This doesn't mean that you always have to be 'dolled up' to keep his attention. Far from it! It just means to *not* become lazy with your appearance. If he met you 'lazy' in this regard then you obviously have nothing to lose. But I'm pretty sure that this isn't the case for most women.

If he met you even more [ridiculously good-looking](#) than Zoolander, don't lead him to believe that he merely caught you on a good day. No man wants to find out that the woman he's now with looks nothing like the beautiful girl he first laid eyes on.

26

Do not verbalize your insecurities in such a way that it sabotages a man's perception of you.

We all have insecurities. It's only human. But when it comes to dating men, you don't want to do or say anything that clearly communicates that you don't

believe you're worth it. What I mean in this case specifically is self-sabotage. You'll always get what you expect. I mean, why wouldn't you?

If you keep telling a man that you think such-and-such a person is so much prettier than you are, why shouldn't he daydream about this new girl until he can finally get rid of you and have her instead? If you act in such a way that shows that you're expecting a man to cheat on you (not because of anything he's done but because of your own insecurities), why wouldn't he eventually do so as you slowly drive him away? Would you be surprised if he does since you basically kept accusing him of a crime he didn't commit?

All I'm trying to say is that a man will come to his own decisions as to whether or not you're the "prettiest" girl he's ever dated and if you're worth being loyal to. Do not draw attention to your own *perceived* inferiorities, limitations, or insecurities. Believe you're worth it and that he cannot do better than you. And if you don't believe it yet, act as if you do until you find a man who treats you right.

While you should eventually show your vulnerable sides to a guy who's serious about you, don't confuse this with parading a low self-esteem. Being vulnerable creates opportunities for emotional intimacy, but constantly broadcasting your poor self-image implants contempt, especially if a man hasn't committed to loving you unconditionally yet. So while you're getting to know Mr. McDreamy, it's best not to plant any ideas in his mind that could work against you.

27

Resist the urge to seek constant and excessive approval of a man's love and loyalty, especially after he has already committed to you.

After a man has become exclusive with you, resist the urge to demand from him perpetual demonstrations and confirmations of his devotion to you. Such behavior will make you appear over-anxious and will therefore make being with you an unpleasant chore. And in case you didn't know, fear and anxiety are poisonous to ANY relationship but especially to a new romance. Fear and anxiety lead to unattractive behaviors in both men and women. If your insecurities lead you to pester a man to continuously update you about how he feels about you, you'll eventually get an answer from him that you won't want to hear.

If you allow this behavior to overwhelm your interactions with him as you become unhappy, sullen, and desperate, it will slowly but surely make him question himself. Your fear will trickle into his mind, and once this doubt has been instilled in him, he may begin to doubt his own resolve and start questioning his feelings for you. This is relationship self-sabotage at its highest, and is perhaps one of the most common reasons why men pull away and eventually end relationships.

I obviously won't be able to tell you whether or not you're just being insecure or if the guy you're dating has truly been showing a lack of love on his part, but one thing you should always consider is his actions. The way a man treats you and the sacrifices he makes for you should be more than enough to help you decide if you're being led by your insecurities or your intuition. Read those last two sentences again.

28

High-quality men have low tolerance for seemingly manipulative and/or egocentric women. Resist the urge to communicate your courtship expectations of a

man prematurely.

At the start of a budding romance, it is best to be modest in how you communicate your expectations to a man, especially when it comes to how you hope to be wooed by him. If you jump the gun and insinuate that a man should do this or that to woo you, it won't make you sound like a prize-worth-pursuing, it will make you sound like a spoiled princess. To high-quality men, humility speaks more on a woman's behalf than presumptuousness.

Imagine after dating a guy for about two weeks he begins to make both subtle and blatant suggestions about what he expects from you. Imagine after several dates where you're just getting to know one another he begins to hint, non-jokingly, that you should cook for him, often, or that he request that you dress or speak a certain way when you're with him. What would you think of a guy like this?

If you think a guy like this is self-delusional and needs a reality check, great guys feel the same way when a woman begins making **premature** demands or suggestions, no matter how subtle, about her expectations from him. And while there's nothing wrong with ensuring that a man treats you exceptionally well, there is a fine line between making a graceful display of what you expect and making premature requests based on a sense of entitlement.

Intelligent men with even an ounce of discernment will arrive at their own conclusions as to how you should be treated. Men arrive at such conclusions based on how interested they are in a woman and how much they esteem her. Demanding or suggesting the kind of behavior you expect from him or the deeds you want him to perform makes you sound ridiculous and out of touch with reality.

You can't convince a man that you're worthy of his highest esteem and

investment (emotional or material) by demanding or suggesting it to him. If anything, communicating your expectations prematurely is more of a turn off, especially to guys looking for authenticity in their relationships.

I remember this one girl I dated. We had barely been on a handful of dates when she began to point out how much she enjoys it when men buy her “nice things.”

Yes, “nice things.”

Listen, I’ve bought “nice things” for many a girlfriend, but never did I come across a woman whom I was still getting to know who had been so brazen enough to suggest that she be gifted with “nice things.” Naturally, I let the suggestion slide because she was a pretty confident and assertive woman. I figured maybe she was just putting it out there for future reference.

I was wrong.

As this unforgettable conversation continued she even began to insist that I go online and check out several of her favorite women’s clothing websites that had the “nice things” she hoped to get in the future. I’m shaking my head just thinking about this.

I have nothing against a woman knowing her worth and enjoying the material gifts of an interested suitor. But I did have a problem with the premature assumptions this particular female made regarding our courtship. Naturally, I was experienced enough to see her behavior for what it was – a test to see if I’d blindly acquiesce to her desires to be spoiled by a man she thought she could get her way with. Naturally, this incident, among several others, turned me off as it hinted at both her high-maintenance expectations and her manipulative tendencies.

I’m not the only guy in the world that finds this kind of behavior unattractive. The term we guys call it when we get together is “Princess Syndrome.” This is

when a woman has a sense of entitlement in terms of how men *should* treat her based solely on her imagined-worth as opposed to her actual merit. As I've stated already, high-quality men cannot be cajoled into treating a woman in a way that does not match with who she really is. If you want to be treated as substantial, *be* substantial. For men who possess a backbone and who won't be pushed around by women (or other men for that matter), an unpretentious woman is far more desirable than a self-important one.

29

Deserve what you want. Pursue feminine sophistication and refine both your character and personality to become a woman of higher value.

First off, it's important that you know who you are and what is most important to you. It's ludicrous to think that you can have something without first being the kind of person deserving of it. Some women want to attract and date men with certain qualities of character and behavior but they themselves possess some quality or behavior that these same kinds of men find both unattractive and distasteful. What we have in this case is a mismatch of what you want and what you actually are.

For example, I simply cannot imagine a woman who swears like a sailor maintaining a relationship with a young minister-in-training. The same applies for a woman who wants to settle down with a family-oriented man, one who's ready for marriage, but her favorite pastimes are still bar and club hopping several times per week. Some women would also love to snag a hunky, health conscious Chris Hemsworth look-alike, but can't imagine why guys like this find their smoking habit unbearable.

Hey, I'm not here to judge, but I call 'em like I see 'em. Because high-compatibility is their top priority, men who are serious about finding a good woman to build a life with will have much higher standards. After you've attracted a man with your physical beauty, it's the quality of your habits and the refinement of your character that contributes towards maintaining his interest.

30

Resolve to be a woman who only dates men of a higher quality, as a reputation for dating dissolute men can come back to haunt you.

When men get serious about finding Mrs. Right, the last thing a high-quality man wants is to find out that his dream girl is infamously known for entertaining licentious men. To a man who's looking to take you seriously, your reputation is everything. This can be especially difficult if you live in a very small community. But then again, with social media a man can learn a TON about you before he even asks you out.

I should point out that this point applies more to sub communities (such as college, the workplace, etc.) where your dating history can come back to haunt you. None of us can change our past, so I'm not going to beat a dead horse. But if you *still* find yourself dating men with low standards, loose morals, and hedonistic tendencies, if you hope to meet a higher quality guy some day it might be in your best interest to give up those kind of dating habits earlier than later.

31

Demonstrate high-value when you respond to his

invitations to date “casually.” Never let a man’s rejection, whether of you or a relationship, cause you to lose your poise and power.

First of all, let me just say ahead of time that this isn’t a contradiction of a [previous point](#). I mentioned in that point that a woman should not get into the habit of entertaining men who don’t want what she wants. However, I know that dating and courtship may not always be this simple. Also, I know for a fact that some women (not you) are still going to be inconsistent with asserting their boundaries with men after reading this book. Meaning that if he’s handsome enough, charming enough, rich enough, etc., they may still be a little more lenient with him.

Well, if you *insist* on seeing a guy after he clearly tells you, “*Listen, I’m not looking for a relationship just yet*”, here’s what you do...

Respond as if you couldn’t care less, continue to see him from time to time, but do not offer him your “relationship benefits” (whatever they may be).

Mind blown? It should be, and let me explain why.

Sometimes you may meet a great guy who just came out of a long-term relationship and he may actually not be in the best frame of mind to get into another one right away. Granted, you don’t want to assume *every* guy who tells you “*Listen, I’m not looking for a relationship just yet*” has just come out of something serious, but it happens. So if you do find yourself in a situation where you meet a great guy who only wants to date casually so he can get to know you better, ensure that you only grant him brief but captivating moments of your time and attention.

After several dates, a guy may find himself racking his brain trying to find the

courage to tell you, *“Listen, I’m not looking for a relationship just yet.”* If something like this happens, consider tossing him a sweet (or sly) smile and say something like, *“Aw, how cute! Relax, okay? You’re thinking about this way more than I am,”* or *“Um, I wasn’t asking you to marry me...relax!”* If you can raise an eyebrow and giggle as you say it, even better.

What a response like this does is communicate to a man that you’re not desperate or needy. In fact, if he’s really into you at all, a comment like this may cause him to rack his brain even further as he tries to figure out what the heck just happened.

Here he was, getting super anxious in his own mind because he thought you might get angry or overly emotional if he told you the truth. But then you came along and BLAM! You blow him out the water with a calm, nonchalant response. Guys know that only a woman with options, high self esteem, and confidence can respond like this. And it’s this kind of *“I don’t **need** you to want me”* attitude that men find irresistible in a woman.

Because most women will not respond this way, the interaction has the potential to keep you on his mind for days, making it difficult for him to logically deny his interest in you. And because he won’t be able to logically fight his interest, eventually his *“Listen, I’m not looking for a relationship just yet”* attitude will change into, *“I really want to see more of you...I just can’t stop thinking about you.”*

Now, you can’t just say something like this without the corresponding lifestyle to accompany it. If you’re presenting yourself as a high-value woman who has more important things to do than play games with a man, you need a busy schedule. At the risk of annoying you, I’m going to repeat myself because this is insanely important. **If you’re presenting yourself as a high-value woman who has more important things to do than play games with a man, you need a**

busy schedule. Why? Because having an “I don’t **need** you to want me” attitude AND a busy schedule will ensure that he has to make an effort to spend time with you. Your high-value attitude and full, enriching life will quickly test his mettle.

Since he’s not interested in being Mr. Boyfriend just yet, your scarceness will make him realize that if he’s *really* interested in being with you he’s going to have to eventually make a commitment. So as long as you’re not doling out your relationship benefits (extended quality time, intimate physical affection, romantic gifts, resource-intensive personal favors, girlfriend-like emotional support, etc.) to Mr. Casual, it’s okay to keep seeing him. Just know what your “cut off” point is, especially if you find yourself slowly falling for him and you’re not getting the impression that the feeling is mutual.

So remember, it’s okay to take risks in romance, but always be prepared to cut off a time-waster *before* you get in too deep.

Chapter Four:

Smart Dating Rules for Avoiding Dead-End Relationships

32

Do not move in with a man.

Like with most of the guidelines in this book, your mileage with this one may vary depending on your personal lifestyle choices. Again, I'm not here to tell you how to live your life but I will provide you with the sometimes-harsh truths of how men think and behave. And here's one of them: If you're interested in getting married while you still have your teeth, moving in with a man is a terrible idea.

When it comes to relationships, men require a "we must make this work" mindset. Did you get that? Men *require* a "we must make this work" mindset in order to make the self-sacrifices necessary to ensure that a relationship thrives. If there is no significant cost to being with a woman, whether financial, social, or emotional, a man can bail as soon as the relationship issues grow beyond his capacity to bear. A married man has much more motivation to work things out with his beloved because of his public commitment (and the socioeconomic ramifications that follow failure). But there won't be enough external pressure present to keep him motivated to work things out if you're merely cohabitating.

You should also consider the major differences in men and women's paradigms

when it comes to moving in together. Men usually see moving in with a woman as a way to “test drive” marriage or postpone it while reaping all of its juicy benefits (Don’t believe me? Ask your radically honest guy friends and they’ll affirm this). Women on the other hand see moving in with a man as a step closer to marriage. These are two MAJOR differences in viewpoint that make up the problematic foundation of many dysfunctional couples that have decided to move in together.

While you may be “all in” and think that moving in with your boyfriend is a great way to transition into marriage, doing so will only create more conflict than it solves. And unlike marriage, living together will exacerbate your relationship issues but make it ridiculously easy for a guy to call it quits if he becomes bored, romantically disinterested, or simply fed up with trying to work things out with you.

33

Do not date a married man.

Repeat after me: “No matter the circumstances, situation, or how desirable he might be, I will not date a married man.”

I’m pretty sure I don’t have to go into too much detail as to why dating a married man is a train wreck just waiting to happen. And even if we didn’t consider the blatant moral issues that stem from this sort of life decision, there’s also a plethora of other reasons why dating a married man is a recipe for disaster.

Perhaps the all too common issue faced by women who find themselves dating married men is that the man in question is almost always resistant to the idea of actually leaving his wife to be with his “side piece.” It doesn’t matter if he “loves you” more than he loves his wife. The legal issues and living logistics

(house, children, etc.) surrounding his shared life with another woman gives him a bullet-proof excuse to keep you on the side (have sex with you) indefinitely or until you finally realize that you're being taken for a ride.

Many women who have fallen into this trap find themselves in the most dead-end relationship imaginable: Being in love with a man who has already built a life with another woman.

Let's say it out aloud one more time shall we? "No matter the circumstances, situation, or how desirable he might be, I will not date a married man."

34

Be a man's 'mountain' not his 'stepping-stone.'

If you've been dating a man and supporting him for some time now (as a good girlfriend should) and he hasn't done anything to show you that you are an essential part of his future, you may just be his 'stepping stone' woman. If you've been by his side through thick and thin for months or worse, years, and the relationship appears to have zero sense of progression (even slow progression), again, you may just be his 'stepping stone' woman.

A 'stepping stone' woman is the woman many guys *use* as a means to an end, and in most cases, she's the woman that helps a man reach the top of his game, so to speak. She's the kind of woman who blindly sticks by and supports her man to *her* bitter end – her bitter end being where the guy in question eventually leaves her for his 'mountain' woman.

The 'mountain' woman is the woman that represents what a man feels like he deserves in life once he "arrives" at the top of his game. She represents the pinnacle of what his ideal woman is, and he's more than willing to tackle the challenges that come with trying to attract and marry her. Once he's "found

himself” or achieved a noticeable amount of success or status in life, every man who wants to someday get married is going to want to end up with a ‘mountain’ woman.

Some women have the unfortunate habit of getting into relationships with men who require “a good woman’s touch.” Do not get into relationships with men you believe require “a good woman’s touch,” because there’s no way you can avoid becoming his ‘stepping stone’ to help him reach his potential. And chances are that once Mr. Fixer-Upper is finally “fixed” he’ll leave you for his ‘mountain woman’. If you’re single and looking, the best way to avoid being a man’s stepping stone is to simply avoid getting into relationships with “fixer uppers” or sophisticated deadbeats. You know the ones: men without jobs, guys with horrible grooming habits, men with addictions, mamma’s boys, lazy slobs, *etc.*

You don’t want to end up as one of those women who remain by their boyfriend’s side through thick and thin, only to realize much, much later that their guy actually had no intention of marrying them. It’s nothing short of a gamble if you decide to give a man the best years of your life with the hope that he *may* someday marry you.

Now, please consider that this particular dating guideline is all about context. It’s the nature of your dating situation that will tell you if a man is just using you or if he sees a future with you.

For example, if you’re in your early twenties and you’ve been dating your college boyfriend for a little over a year, it’s kind of unreasonable if you expect him to marry you before (or even immediately after) you graduate. On the other hand, if you’re in your late twenties and your long-term boyfriend’s long-term life plans don’t seem to include you...don’t wait to experience the bitter end, dump him before he dumps you. The same thing applies if you’re in your 30’s

and your boyfriend of two years or more has been giving you the runaround or if you're in your 40's and you realize that your Prince Charming has been living with and leeching off of you for months.

In such cases, I suggest breaking up with him under the assumption that your guy is aware of your desire for relationship progression (marriage). In some cases, if you do dump him and he realizes the error in his ways and wants another try, you should only consider accepting him back with the condition that things move forward. Do not "wait it out" with a man who is showing doubts about his future with you.

The very man that wastes the youthful years of a 'stepping stone' woman will be the same man who marries a woman he considers his 'mountain.' Ensure that a man is aware of your desire for marriage first and foremost then apply pressure if you think he might be stalling or undecided. Do not let men, especially one you've been highly supportive of for a long time, use you or waste your time.

35

Date with a clear purpose in mind.

One of the foundational pieces of advice I like to give women is this: If you want to increase your chances of finding a great guy while avoiding dead-end relationships and hookups, ensure that you *know what you want and resolve not to settle for anything less from a man*. It's easy to get distracted by "shiny objects" (ridiculously attractive/charming men) if you lose focus of what it is you're really after.

Make a list of qualities you want in a man (be reasonable of course) and place it someplace that you can refer to it regularly. I made a list of qualities I wanted in a woman and *resolved* only to commit my all to a woman who embodied those

qualities. Eventually, I found the woman who soon became my wife. I should mention that my wife had made a list as well, a list that helped her to avoid time wasters and scallywags during her dating journey.

So be cautious of getting caught up in the emotional high of dating. Love and sex hormones pack a heck of a wallop if you allow yourself to get distracted by “shiny objects” that are all style and no substance. Know what you want and date like you deserve it.

Also consider that merely “wanting a boyfriend” is actually an ineffective dating strategy if marriage is your goal. At the [beginning of this book](#) I stressed the point that each of these dating strategies are tailored toward women who want to date with a certain end-goal in mind (that “end-goal” being marriage). Simply wanting a boyfriend causes many women to waste time on men that have little to no long-term potential. When a woman dates with the intention of finding a man with husband potential she’ll have a much easier time enforcing her boundaries with men that take an interest in her.

It’s harder to filter for the right man if all you want is love and male companionship. If you’re lonely and you simply want a boyfriend so that you can quench your thirst for love and companionship, consider embarking upon a serious journey of rigorous personal development instead. I suggest this because you don’t want your search for the right guy to start from a place of pure neediness and desperation. Only when you’re full of love and you’re ready to lavish it upon some lucky guy, ensure that you date purposefully by prioritizing men with marriage potential. Believe me, it’s a lot easier to say “NO” to a “shiny object” when you’re dating to find a future husband as opposed to just another boyfriend to pass the time with.

36

Cuys who dump you should no longer exist

Guys who dump you should no longer exist.

If a guy breaks up with you, you must treat him as if he no longer exists. I'm serious. There is no situation or circumstance that is an exception to this. If a man has clearly or even subtly declared that he wishes to end a relationship, see other people, explore his options, "find himself", or keep things unofficial (friends-with-benefits), you must accept the situation for what it is and make a clean break from him without looking back.

If a man goes out with you once or twice and does not get in contact with you, I guarantee you that it's not because he's super busy, died (hopefully not), or lost his iPhone. It's because he wasn't that interested. If a guy breaks up with you and you feel the need to contact him several weeks later just to say "Hi"...don't. Don't think for a moment that contacting him will change his mind, acting on the false belief that your voice (or text) will somehow make him realize that you're the best thing since sliced bread.

Trust me, for a guy who wants to distance himself from you, the only thing contacting him does is reaffirm what he already believes about you: That he can do better than you.

Now, whether his reasons for breaking up with you were substantial or not really doesn't matter. Sometimes two people are just incompatible or don't have enough chemistry. That's fine. However, the problem arises when, out of desperation or neediness you decide to pursue a man **who has already rejected you**. If he's rejected you, he already believes that he can do better, which means your calling, texting, social media stalking, and checking up on him will make him feel *more* confident with his decision, *more* confident in his ability to "do better" and attract another woman, and *more* apathetic towards you.

Because men are considered the gatekeepers of commitment, women often feel as if they're at the mercy of a man's interest. But even with this dynamic at play,

a woman who finds herself on the receiving end of a man's rejection can hold onto the power she has (her dignity) by guaranteeing that he experiences life without her indefinitely. Do not make allowances for him so that he can weasel his way back into your life, or worse, don't try to weasel your way back into his.

A woman with even an ounce of personal dignity will not allow herself to fall into the ugly game of Chase-a-Man.

37

Don't try to be "one of the guys." Learn to make friends with women and resist adopting masculine tendencies.

I'm not sure where the idea that men want a woman who's "one of the guys" came from, but I'm almost certain it didn't originate from the mind of a masculine, red-blooded man. Becoming one of the guys means that you've adopted the attitudes, behaviors, and perhaps even the recreational activities that are usually considered "masculine." This sort of thing in and of itself isn't bad per se, but if you're looking to net a guy's romantic interests and keep it, being one of the guys might work against you in the sexual chemistry department.

The level of attention/interest a woman gets from a man is directly correlated to how attracted he is to her and how much of an emotional connection he feels for her. Women who find themselves as one of the guys might still be able to attract a guy and connect with him on some level, but they'll ultimately find themselves outmatched if a woman who revels in her own femininity takes an interest in him.

Heterosexual men (the kind of men you want to date I assume) do not develop

romantic nor sexual feelings for their guy friends. So it goes without saying that if you're seen as a "guy friend" you're giving yourself an uphill battle in the ongoing female struggle for male attention. Women in this position often find themselves perpetually friend-zoned by the guys in their social group.

There are actually two major self-sabotaging things that happen if you become one of the guys. First, being a "bro" may force the guys you're already friends with to treat you as nothing more than a "bro." Even if one of these guys starts dating you, it may not ever progress to a level you'd hope for because of the limited level of attraction he might feel for you.

Secondly, your habitual identification with men will cause you to give off that "bro" vibe (platonic, asexual, etc.) when you meet and date men outside your social group. It's something guys can't always put their finger on and figure out right away, but after a few weeks of dating you a guy may realize that he was only attracted to your looks (although you act like a guy you do still *look* like a woman after all) and enjoyed your dude-like, laid-back "down for whatever" approach to dating. Don't be surprised if guys lose interest in you quickly or you find yourself in dead-end relationships where men see you as a great "friend"... with benefits.

So if you want the kind of attention and attraction from a guy that makes him chase you and see a future with you, prioritize becoming the kind of woman that men *feel* a deep romantic attraction for. But hey, if you prefer having that non-romantic, lukewarm, platonic stuff that guys feel for their buddies, go ahead and be one of the guys.

Again, like every other piece of dating advice out there, this guideline comes with its limitations and exceptions. I'm sure you'll find *very* select instances of "bro" like young ladies in relationships with men. So again, I'm not speaking in absolutes, but rather what appears to be [the norm](#) in how men think about

women and dating so that you can maximize your dating success.

38

Date as if you believe, without a shadow of a doubt, that you truly deserve a man's unconditional love.

You must believe and therefore act like you are a prize worth pursuing by a high-quality man.

Do you date men in a way that communicates you deserve love? I want you to really consider that question. No, REALLY consider it. Do you interact with men in a way that *clearly* communicates that you are a woman who deserves love...unconditional love?

This is the most important question you must ask yourself if you want men to take you seriously. Why? Because men will treat you the way you allow them to. You've probably heard this all before and might even be rolling your eyes, but I cannot stress enough how easy it is for a woman to *drastically* change her love life for the better by simply believing to the core of her being that she deserves to be shown unconditional love from a man and then *act* like this is true.

The reason I mention this is because the majority of dating mistakes women make with men, the ones that cause men to lose interest, bail, never return your calls, or use you for sex (or money), are usually rooted in self-loathing or self-sabotaging behaviors. When we have strong romantic desires for another human being it tends to override our ability to evaluate things with clear and unbiased rationale. We've all been victims of the emotions that come from being swept up by a new romance or a passionate relationship, only to find out later on (after being dumped, cheated on, or ignored) that things really weren't what they seemed. Only when the chemically induced 'love fog' lifts from our eyes do we

realize where it was we made our mistakes – mistakes that either resulted in our being taken advantage of or mistakes that caused us to ruin the relationship.

It's difficult to think clearly when you *feel* an overwhelming amount of passion for and attraction to a man. And for many women, after things go sour with a new romance, feelings of worthlessness, confusion, and neediness may make it even more difficult for them to see the truth of what went wrong.

If you believe that you're a woman deserving of love you will *act* the part. I know that it's easier said than done but it's worth the effort especially since men, both good and bad, will constantly test your boundaries and judge your responses in order to see what kind of woman you are (and what they can get away with). The way you interact with them will reveal if you're nothing more than a hookup, a short-term investment to pass the time with, or someone worth pursuing for a serious commitment.

Because I'm such a great guy, for your convenience, consider the following list. It's basically a quick look at what a woman's dating behavior might look like if she knew she deserved a man's unconditional love.

A woman who dates as if she deserves a man's love:

- Pays more attention to what a man does than what a man says.
- Does not make excuses for a man's poor behavior, no matter how dreamy he is.
- Does not need to walk on eggshells with a man for fear of being let go.
- Does not lose sleep over a man that clearly does not want her.
- Does not confuse the emotional drama of being treated poorly with "being in love."
- Does not have to settle for an unloving man because of her age, status, *etc.*
- Does not waste emotional energy trying to understand "how could he be this way?" or trying to decipher "why does he keep treating me this way?"

- Does not risk her dignity trying to chase a man who has dumped her.
- Does not waste her time dating men with whom she never knows where she stands.
- Is honest and forthright with both herself and the men she dates when it comes to what she wants and needs in a relationship.
- Presents herself as high-quality girlfriend material and desires both love AND respect from a man.
- Works hard on herself to develop the irresistible qualities that men desire in the woman they want to cultivate a long-term, committed relationship with...

I could go on but I'm sure you get the point by now.

If you can honestly say that you now see the crazy in your ways and can admit to doing the opposite of the behaviors I've just listed, you're not alone. When absorbed in the high emotions of a new romance, many women tend to forget (or may have never realized) what the most important thing is when dating a man, and it's this: You must believe and therefore *act* as if you are a prize worth pursuing by a high-quality man.

If you truly deserve what you want and *know* what you deserve, you're far more likely to get the kind of results you want in your love life.

Final Thoughts

By nature, women are masters at cultivating relationship closeness. Due to their natural feminine drives, most women at least, know how to create relationship comfort and therefore, **convenience** for a man. And this provided convenience is usually the product of a woman's eagerness to alter her life in order to accommodate the needs and desires of the man she's deeply attracted to. Unfortunately, many of these same women fail to understand that while their ability to encourage closeness makes them appear as suitable partners to a man, if their desire for closeness is not tempered with courtship cleverness and the assertion of their personal boundaries, it will not be enough to maintain a man's attraction nor his respect.

So aside from being warm, nurturing, and easy to get along with, to maintain a man's interest a woman must also learn how to use artful rebuffs towards any kind of male behavior that threatens relationship longevity. She must learn how to rebuff any male behavior that threatens her dignity while balancing her natural instinct to cultivate closeness with a man. Read that last paragraph again.

You can't just be sweet and extra nice all the time and expect men to fall in line. If you want to find the right guy and avoid the time-wasters, it is imperative that you learn how to have an almost *cutthroat* attitude when it comes to filtering for the right guy.

So when you come across a potential beau and he begins to show an interest in you, here's what you do after several dates: Begin to be vulnerable with him, offer him your gentleness and sincere affections, relax into your femininity

(enjoy the courtship process and be receptive to his leadership), and always, always be proactive about increasing his emotional attachments to you. However, the moment you realize that your sincere and deliberate offers of love, tenderness, commitment, and loyalty are not being reciprocated in any way... pull the plug and take your business elsewhere. **Do not endure men who are either incapable or unwilling to appreciate and reciprocate your love.** It is always easier for a woman to find the right relationship with a willing man than to try and create the right relationship with an unwilling one.

Control What You Can But Enjoy the Process

While women do set the bar for male behavior, you still can't *force* a man to treat you a certain way. It's a waste of time and a bad idea to try and manipulate a dating situation just to keep a man, as it doesn't lead to happy endings. Finding true love, sacrificial and life-affirming love, can be quite complicated in a world (and a culture) that glorifies self-interest and instant gratification above all else. Such a dating landscape will naturally breed a climate of chaos that has the potential to make any woman feel both helpless and hopeless when it comes to finding a love-worthy man.

Don't let the chaotic nature of the landscape discourage or overwhelm you. Instead, focus on those things you can control:

1. Place your energy into becoming an irresistible catch and an irreplaceable partner to a high-quality man (become high-quality girlfriend and future wife material), and...
2. As you date, be sure to remain true to your standards and enforce your personal boundaries (filter for Mr. Right).

Do not endure men who are not open to a relationship with you, no matter how attractive, charming, or high-status they might be. The life currency of all

relationships are time, energy, and sacrifice – all of which are non-refundable. Don't waste them on men who don't deserve your love.

Every undeserving man you can walk away from strengthens you. And every unfavorable dating situation you can exit from will solidify your self-esteem. Remember to stay positive and continue to put yourself out there as you assert your dating desires with the utmost womanly grace. As your self-esteem grows you will act with more poise and self-assurance with the men you date instead of coming from a place of desperation and neediness. This will cause your true worth to radiate out, until you eventually come across both the man AND the commitment worthy of your all. Remember that.

By the way...

As a way of saying “thanks” for your purchase, I’m offering a free dating guide that’s exclusive to my book readers. The book is called, ***Dating Deal Breakers That Drive Men Away***, and in it you’ll discover the most common deal-breaking “red flags” high-quality men watch for when dating a woman.

You can get it here at: <http://www.brucebryans.com/her-free/>

In this free guide you’ll not only learn what these red flags look like to men, but also how to best avoid them in order to get the guy you want and KEEP him interested.

Again, here’s the link to get it free: <http://www.brucebryans.com/her-free/>

About Bruce Bryans

Bruce Bryans is a successful author who has written numerous best-selling books for men and women who want to improve the quality of their relationships. After writing for various online publications on the topics of dating and relationships, he ran a successful romance advice website where his insightful articles and newsletters helped improve people's love lives one-by-one.

Years later, Bruce decided to focus his time and efforts on writing and publishing books with easy-to-implement, practical information that had the potential to reach, and therefore help more people. While he doesn't consider himself the all-knowing "Yoda" of relationships, he still enjoys sharing the triumphs (and failures) of his love life with anyone who enjoys a good laugh or a life lesson.

When he isn't tucked away in some corner writing a literary masterpiece (or so he thinks), Bruce spends most of his time engaged in manly hobbies or being a romantic nuisance to the love of his life.

You can learn more about his writings and receive updates (and future discounts) on his books by visiting his website at: www.BruceBryans.com

Most Recommended Books by Bruce Bryans:

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If you have a special guy in your life that could use a bit more wisdom when it comes to dating and relating with women, you should sweetly suggest that he check out some of my books. Actually, even if YOU want to learn about what guys are learning about when it comes to understanding women, peruse through my other books listed below.

Attract The Right Girl: The Official Guide For Finding Your Dream Girl And Being The Man She Can't Resist

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