

# HOW TO GET A BOYFRIEND

SEVEN STEPS  
TO FINDING AND  
KEEPING A MAN



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## Introduction

Hello! Welcome to the book that will help change your future. Congratulations on taking the first step to finding a man worthy of spending the rest of your life with.

Chances are if you find yourself reading this book, you have experienced some events in your life that make you confused about men and maybe even hopeless. One or more of these three things might have happened to you recently:

1. You are already married or in a long-term relationship where things have gone downhill.
2. You have been dating a man, but you want him to commit to a relationship.
3. You haven't met a great guy yet or you have met someone but aren't sure what to do yet.

Girl, we have all been there. Dating men is as much about us as it is them. Finding out what we truly want and what we can and can't compromise and sacrifice. This book is not going to tell you how to force a man into a relationship or to make him want you.

Likely, the reason you are reading this book in the first place is that you need some advice. From one girlfriend to another, boys... eh hem... men can be so confusing. One minute they are all about you and the next they might be so blasé about everything, leaving you thinking he is no longer interested in you.

This book is about both changing your view about how men operate and getting to know exactly what it is you are seeking. Once you know what you are looking for, you will learn how you can get exactly that! Everything worthwhile takes time and effort, but this guide is designed to help you get there.

The process can be broken down into seven steps:

1. The first thing to focus on is **figure out what you want and why you don't have it yet.**
  - a. Pinpoint what it is you are looking for in a partner.
  - b. Identify why it is that you don't have this yet.
2. Second on the list is how to **be your extraordinary self.**
  - a. How to become someone who is worth pursuing.
  - b. Find your inner strength and put it to good use.
3. The third step is to **learn what men want (and hate).**

- a. Find out a man's ultimate turn-ons and turn-offs.
  - b. What men are looking for in a long-term partner.
4. The fourth chapter is about how to **strut your stuff**.
  - a. How to exude confidence and pick up a stranger.
  - b. Figure out if there is hope for your current failing relationship.
5. It's all about him in the fifth step when you learn to **put him on trial**.
  - a. Do you know if this man is really what you want?
  - b. How to evaluate him and how to make sure you do not seem desperate.
6. In the sixth step, you will learn about **putting out without selling out**.
  - a. Establish your rules about sex.
  - b. How to entice him without selling out.
7. Lastly, learn how to **make it work long-term**.
  - a. Discover what it is that women need and what men need.
  - b. Work together to meet both partners' needs and desires.

So, do you think you're ready to explore how you can land a man worth taking home to meet your family? Do you have it in you to work at the relationship and make him want you?

**Before you read further**, please watch the following free video that shows the secret things all men crave in a woman:

### **Important Video: What Men Secretly Crave in a Woman**

#### **[Be Irresistible](#)**

As you watch this video, carefully note the things that men seek. The more of these boxes you can tick, the greater your chances of scoring yourself a fantastic boyfriend!

## Chapter One: Figure Out What You Want and Why You Don't Have It Yet

This is the basic question most women have. As we age, the traits we desire in a partner may shift. Let's face it: we aren't teenagers anymore! We're not looking for the guy with the coolest ride or the sexiest hair.

What kind of relationship are you in right now? Are you single or maybe just casually dating someone who isn't serious? Maybe you're in a stale relationship that is slowly fading and you're looking for an out.

Whatever your current situation, if you are reading this book, you are clearly looking for something more.

### What You Want:

There are many different attributes a man might have that you want. Your job is to prioritize them and try to have some area of compromise in areas that aren't as crucial to you.

1. What kind of work does he do?
  - a. Are you looking for a man who is motivated in his work life? Well, don't look for the guy who is bouncing around from job to job or is "shopping" for the next best thing.
  - b. Align your goals with his. Do you want to work if you were to get married? Do you want to stay home if you eventually have children? Think about your long-term career goals and ask him about his.
  - c. DO NOT ask him about his salary. It's safe to say, if he's working as a barista, he might not be "the one." If he has a degree and a decent job, it's safe to assume he has a reliable income.
2. What is his personality like?
  - a. When you think about your dream man, what type of personality does he have? Is he smart? Witty? Conceited?
  - b. Make a list of personality traits you are looking for and rank them from most to least important.

- c. Learn to work with minor personality flaws, but by NO MEANS compromise if a man seems verbally or physically abusive. Know when to play it safe.
  - d. If you want a long-term relationship, don't go for guys who seem like they are "players." There is no hope for a "player" to settle down anytime soon. You might as well forget him.
3. What baggage is he allowed to have?
- a. Honey, we all have baggage. You need to decide what you are willing to put up with from a man's past.
  - b. Also look at what baggage you are carrying that you will ask him to accept.
  - c. Does he have an ex? Or two? (God forbid.)
  - d. Does he have a couple of kids?
  - e. Figure out if you are accepting of these things and what are deal-breakers. If you do not have any interest in having children, you might not want to force it to work with a man who already has two or three kids.
4. His physical traits are important too.
- a. Please believe that this is not a vain requirement to have. No one will fault you if they try to set you up and you say, "Sorry, Tiffany, he is just not my type."
  - b. A man must have good looks (according to your own taste) for you to be attracted to him. Period.
  - c. If you meet a man online and he is not as physically attractive as you were hoping, don't try to force it to work.
  - d. Every woman has her standards, and it's up to you to decide what physical traits are important to you.
  - e. Hygiene also plays a role in physical attraction. You want a man who takes care of himself and keeps himself clean and well-groomed.

All of these points are good to get you started, but it's important to prioritize what you want. When you make a list, it lays it all out in the open.

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As you make a list, you might even see that you have requirements that you never knew were actually important to you. Maybe you had considered them in your subconscious, but never realized you were actually filtering men out.

### **Why You Don't Have It Yet**

This is the million-dollar question and what you want to know more than anything else! Why is it that you haven't found what you want yet?

Some women have never made a list of their romantic priorities. How are you supposed to find the man of your dreams if you don't even know what you are looking for?

Sometimes there is just perfect timing. Maybe earlier in your life you weren't mature enough to find the man you want to spend the rest of your life with. It's possible you went through a whirlwind romance early in your adult life, and it ended in a divorce.

Whatever the reason for you being single and or unhappy with men at the moment, do not fear! Everyone has their chance, and you can find someone worthwhile with the right tools.

It's up to you to decide how to change your current situation. It might be that you have to dump the lame guy you're with right now, or you might think about laying down expectations.

Try going out on the prowl for new men. Go somewhere new with some girlfriends, and make yourself available. Don't be Debbie Downer! Be positive and happy, but be yourself too. Maybe you need a mini-makeover because you have gotten into a rut. Whatever it is that might help you, do it!

## Chapter Two: Be Your Extraordinary Self

Now that you have thought about what you're looking for, you have to focus on yourself. How can you be your extraordinary self? If you want a relationship to work, you need to focus not only on his behavior but also on YOUR behavior.

Go ahead and take a peek in the mirror. Do you see someone who is confident and secure? Stylish and put together? Are you taking care of yourself? These are all things you need to look at before you go find Mr. Right!

As the lyrics from the Liz Phair song say, "I am just your ordinary, average everyday sane psycho supergoddess." Know who you are, and don't be afraid to BE THAT! The best thing you can do for yourself is be confident, know yourself and be proud of it.

Be something that is worth pursuing and keep yourself interesting. Here are some areas you might want to examine in your own life.

### 1. **Have your own life.**

- a. If you begin dating someone, don't become them. Be yourself, and have your own life.
- b. Have your own hobbies that make you unique and quirky.
- c. Stay involved in your activities even after you begin dating someone. You don't have to spend every waking second gazing into your lover's eyes.
- d. If you have your own life, your potential mate will find you interesting and attractive. If your only current hobby is trying to find a man, you might need to find other interests to occupy your time.

### 2. **Discover your inner strength.**

- a. Inner strength is when a person has:
  - i. Willpower
  - ii. Self-control
  - iii. Self-discipline
  - iv. Peace of mind
  - v. Persistence

- b. Are you good with one or more of these things? These can be crucial to not only a good relationship, but also in being a successful adult who can handle anything.

### 3. Do you take care of yourself?

- a. Chapter one discussed what to look for in a man who takes care of himself. Are you doing the same?
- b. Keep yourself active. Whether you enjoy gym workouts or just a nice walk with your pooch, keep active and take care of your physical health. Get your butt out there, literally.
- c. Be at your best. Keep yourself clean, showered, smelling nice and dressed to impress.
- d. You never know if you might run into the perfect man at the grocery store, so make sure you pay attention to what you are wearing and how you carry yourself.

### 4. Be confident!

- a. Whatever you do, do not be Debbie Downer! No man is going to pursue someone who appears depressed because she “can’t get a man” or for another reason.
- b. Be proud of your accomplishments, and don’t be afraid to take credit where credit is due.
- c. Try to be positive. Your body language, words and appearance need to say to a man that you are confident in who you are.

## What Does Extraordinary Look Like?

What does that even mean? Being extraordinary doesn’t mean you have to be Superwoman. It does mean that you are trying to be the best you can be. It means you are being yourself and that you have the self-esteem to be proud of who you are.

Men are looking for someone who is independent, has self-esteem and knows how to take care of herself. Some men fall for the whole damsel in distress bit, but it’s not a good way to get a quality man if you always seem to be in need.

Being extraordinary means using what you’ve got. Use your talents to set you apart from the rest of the ladies. Take pride in all of your abilities.

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The opposite of that is knowing what you need to fix about yourself. Always try to improve yourself, and be the best you can be. Find your weaknesses and fix them. Yes, it might mean you have to escape your comfort zone in your little bubble to try something new and break the bad habits.

Also, take the time to put aside pride, and say you're sorry. It's fine to be prideful if you do something worthy of praise, but if you are in the wrong, always apologize. In addition, be forgiving of others' mistakes.

When a man sees you trying to be your best not only physically, but also with your personality, it will make you even more attractive in his eyes. You care about the person you are and the woman you want to become and that means a lot to a man who is seeking a long-term relationship.

## Chapter Three: Learn What Men Want (and Hate)

Think you know what men want? Well, you might have some idea, but why else would you be reading if you knew everything a man wants? You should consider what turns men on and what turns them off. First, consider the turnoffs:

1. **Men are not interested in a high-maintenance girl. They are much more likely to fall in love with an easygoing one.**
  - a. Alright, ladies, you know who you are. Those who take two or three hours to get ready for a date... uh huh! Men want someone who can be ready without pulling out every hair device known to man each time you need to leave the house.
  - b. The more you are able to “go with the flow,” the better to keep a man around.
2. **Men do not like boring women.**
  - a. This was discussed briefly in chapter two. Men want women who are interesting.
  - b. Feel open to discussing many different topics. Have your own interests and hobbies, and keep yourself interesting.
  - c. Besides, interesting women have a life; creepy stalkers don't. Which one would you like to be?
3. **Men do not like women who are constantly negative; they like happy women!**
  - a. Stop whining! Men hate to hear about girl drama.
  - b. Keep your complaints to a minimum. If all he hears you talk about is how the service at the restaurant sucks and the weather has been horrible and your friend insulted you the other day, he's not going to want to take you on a second date.
  - c. A good rule to follow is saying two positive things for every negative comment. Just don't spend your whole date complaining about everything.
  - d. Be careful not to nag. There are ways to ask for help or to request he do something without constant nagging and telling him what he's not doing right.

#### **4. Men do not get turned on by weak women; they like strong women!**

- a. This point is worth repeating: do not be the damsel in distress every waking minute.
- b. A man likes a woman who can be mostly self-sufficient and strong.
- c. Don't ask him to do every little thing for you around the house.
- d. Know how to stand up for yourself.

#### **5. Men like women who have got their life together.**

- a. Make sure you are eating well and taking care of your health.
- b. Are you keeping your house as tidy as you can? Take pride in your home, however big or small it may be.
- c. If you have kids, are you making sure their needs are met and they are well taken care of?
- d. Do you make time for yourself for "me time"?

#### **6. Men fall in love with beautiful women, not ugly women.**

- a. This doesn't mean you have to be a supermodel or have designer clothes. Beauty is not just skin-deep.

Take Bianca, for example. She's sweet as pie, but she's not slim. In fact, her weight might be one of the first things you would notice. Despite her weight, you would also notice that she is always put together. She has a way of dressing and presenting herself that emphasize her assets. Her makeup never looks overdone, and she exudes confidence.

A stylish southern belle once told Bianca, "You have the most gorgeous skin and hair. I just wanted to tell you that you're gorgeous!"

The point is you don't have to be 5'7" and 125 pounds to be beautiful. A man loves a woman who is proud of her body. When you are confident, it is very attractive. Dressing in sloppy clothes or being lazy with fixing your hair or makeup can be a big turn-off to a guy. You have what men are looking for if you just show them what you've got.

You also don't need to break the bank to dress nicely. Name-brand designer clothes can be found at thrift stores, and, of course, off-brand threads can be stylish too. You can put together an inexpensive nice look for yourself if you put forth the effort.

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Show men that you know how awesome you really are. Don't be cocky, but don't be shy about showing off what you've got either. If you're proud enough to show yourself off, he'll be proud to show you off too! Work with what you have and have a great time showing him just how awesome you are!

### **Exercising: What Do You Need to Change?**

In addition to being happy with what you've got, it is important to exercise. When you exercise, you feel better about yourself from the increased endorphins, and it gives you a way to work on what you need to improve.

Do you want to gain strength? Work on toning your legs? Or maybe you just want to exercise for your health. Whatever it is that you want to work on, go for it! Find a friend who wants to work out together for motivation. You don't have to lose weight, but it looks good to him if you take the time to care for your body.

Classes at the gym are also a fun way to do something new. A pole-dancing fitness class, for example, sounds a bit risqué but is actually fun, classy and provides a way to exit your comfort zone and try something new.

### **Why Men Commit**

According to some men, they commit because they don't think they can do any better or they think they might lose you. Now, this may sound pretty basic, but men aren't really all that complicated!

If a man thinks he can't do any better than you, that means you have done your job. You have made him think you are a goddess and you are worthy of him committing to a long-term relationship and maybe even marriage.

A man also might commit if he thinks he might lose you. If he is so in love that it would pain him to see you with anyone else, he is willing to commit to a long-term relationship.

### **Why Men Don't Commit**

Some men never have the desire to commit. Watch for these signs to spot a "player" or someone who is afraid of a long-term relationship:

#### **A man who is a player:**

1. Never tells you anything that would make you think he wants to commit.

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2. Continues to date other people while he is dating you.
3. He lets you know all the time that there are other women and that there will always be other women.

#### **A man who is afraid to change:**

1. Is a friend with benefits and has no desire to change that.
2. Is very unlikely to commit because he will never put you into the “long-term relationship” category.

#### **A man who is afraid to commit:**

1. Has possibly had a messy breakup or divorce.
2. Is trying to concentrate on his work and building his career.
3. Is just wanting to “play around.”

Be aware of these types of men and evaluate if they are worth trying to stay with. Most men who fall into these categories are unlikely to change for you, or any girl.

Of course, there are also reasons a man won't commit that aren't his fault. Sometimes a man will date a woman but be reluctant to commit long-term if you exhibit some of the following:

#### **1. You are too emotional.**

- a. You find yourself getting mad at him for no reason.
- b. You bring up old arguments during new ones and never resolve your issues.
- c. He feels like she will never be happy with him. That certainly turns him off from putting a ring on your finger.

#### **2. You want to change him.**

- a. You are trying to change his habits, aspirations or appearance.
- b. He thinks you are trying to make him the man you really want.
- c. Let him change on his own terms and support him to be the man he is.

#### **3. You don't get along with his family and friends.**

- a. Men want to please their friends and family when they bring someone home.
- b. Telling them that they are committed or engaged to someone they don't really like would be hard.

- c. You dislike his family for one reason or another, and you let him know it.

All of these things could be causing him to waiver on the decision to commit. Get in control of your emotions and learn how to have disagreements. It's ok to have arguments, but try not to argue over something silly. Learn how to let things go.

Also, try to accept him for who he is, and try to also accept his friends and family. Obviously you don't have to love everyone he loves, but getting along is key in a relationship. Be mature and learn to get along with people for the sake of your relationship. Learn to agree to disagree. Being pleasant with his relatives will get you a lot further than giving them the cold shoulder.

## **Chapter Four: Strut Your Stuff**

Now that you have the tools to figure out how to present yourself, you can pick up a man almost anywhere! No really, anywhere. Always be on the lookout for a prospective boyfriend at the supermarket, mall, bank and pretty much everywhere you venture.

### **How to Pick up a Stranger**

So, what if you see an attractive guy sitting next to you as you get your oil changed in your car? How do you get him to talk to you without blurting out something stupid like, "You're hot!"? Maybe you're good at small talk or maybe you're not, but it's worth a shot.

Observe what he's doing while he's in the waiting area at the shop. Is he reading a magazine? Texting a buddy? Make a comment on the story he might be reading in the magazine or ask him how he likes the case on his phone. Seem genuinely interested in his answer and give him time to tell his story. Then you can let him ask some questions. Just make sure you're not interrupting a phone conversation!

No matter how you strike up conversation, you should be able to tell immediately if a guy might be into you. If he keeps talking to you, that's your first hint. Secondly, he might move on to talk about something else and then even ask you a question. Small talk is a tool you can use to your advantage. Pick-up lines almost never work, so sticking with positive small talk is key.

### **Find Your Courage and Ditch Fear and Inhibitions**

What are you afraid of? Are you afraid you'll make a fool of yourself? A good tip to use before speaking up is to stop thinking. Don't run through the 135 things you could say in your head. Say what comes naturally to you and keep it simple. Chances are he will keep the conversation going. Find your courage and conquer your fears.

Don't be afraid to speak up. Even if you assume he's single and he's not, the worst thing that can happen is that you had a nice conversation with a taken man. Just think of it as good practice for next time. Push yourself to step out of your comfort zone. It will build your confidence and make it easier the next time you approach a stranger with small talk.

Women have the tools to meet a man wherever and whenever. At the store, out with your girlfriends at a bar, at the golf course or anywhere else you go. You don't have to intentionally be trying to run into someone single to meet someone.

## **How to Turn an Existing Friendship into a Relationship**

Do you have that one guy in your life that you've known since grade school? Maybe you have a new friend that you met through a group but have never really hung out one-on-one but you have a huge crush on him? If you want to try to turn this friendship into a relationship, you need to feel him out first.

Perhaps this guy you know was in a committed relationship when you initially met but is now available. Maybe you gave off a "vibe" initially that indicated you weren't interested. No matter what put you into the "just friends" category, you can change your role:

### **1. Spend more time together.**

This seems pretty self-explanatory, but nonetheless, you might not be spending a lot of time together. Changing that can be the first step to turning this friendship into something more. Ask him to come do something fun with you or invite him to a holiday party.

### **2. Ask him questions.**

Give him the chance to share more about himself. Don't ask him questions like, "What do you do at your job?" Instead, ask him things like, "What is your favorite outdoor activity?" or "What is the strangest thing you have ever eaten?" Questions like these are creative and get him talking to you on a different level.

### **3. Make physical gestures.**

Make attempts to be physically closer. Do not jump on him when he sits down to play poker at your friend's house. First, try touching his hand in a flirty way. If he responds positively after a few times, this gives you the green light to proceed.

### **4. Make romantic gestures.**

Find ways to incorporate romantic things into your relationship. Do things that are normally reserved for couples. This could be anything from making a meal together to attending his company party with him to buying him a present for his birthday. It doesn't have to be elaborate, but it will definitely make him feel more connected to you.

The best thing to remember if you're trying to turn a friendship into a relationship is to never be pushy. You don't want to scare him off or make him feel uncomfortable. Resist the urge to be a stalker!

### **Is There Any Hope for a Current Yucky Relationship?**

Are you in a relationship that has gone stale? Maybe you want to make things better, but you just aren't sure how to do so. The difficult part is pinpointing your problems and deciding if they are worth fixing.

Don't nag your partner. Men do not like nagging and complaining. Also, don't blame him for your failing relationship. It could be just as much your fault as it is his.

If you merely haven't been good at communication, there is hope for you. Learn new ways to communicate. Speak with a relationship therapist for suggestions of how to communicate more effectively.

Of course, some relationships may not be repairable. If he is addicted to drugs or alcohol, chances are he's always going to have these problems. Additionally, if he is abusive toward you, your friends or your children, he is not worth trying to make it work.

All relationships reach a point when you're no longer in the honeymoon phase. You need to evaluate your relationship to see if this is your problem. When you are in a relationship for a long time, it becomes work. Instead of being all ooey-goey in love, you find that it's more challenging to keep things interesting.

Cheating is another area that is not often "fixable" in a relationship. If he is cheating or you have been cheating, chances are the relationship is done. It's up to you to decide what you're willing to put up with and change to make things better. If it doesn't seem worthwhile, it is time to end the relationship.

## Chapter Five: Put Him On Trial

Are you looking for a man to spend the rest of your life with? First, you have to put your man on trial, meaning you have to step back and evaluate him. Decide if he's really what you want; use your priority list from chapter one.

### Is He Really What You Want?

Here's the million-dollar question. He's hot, he has a great job, but is he really what you want? Is he the man you described in your list from chapter one? Some compromise is fine, but learn where you can meet halfway and where you simply cannot. It's ok to be rigid in your relationship desires, and it's ok to say no to dating someone.

If you feel that for some reason you don't have the chemistry you were looking for, it's time to evaluate him. Sometimes there's just something missing. He has really nice muscles and a cute butt, but does he have a good job that can support you and potential kids?

Maybe he has a really great job, but he's just not all that interesting and you can't find enough to talk about. Or maybe he is a total jerk to anyone around him (even if he's nice to you). Learn how to evaluate men so you can decide whether to keep him or move onto the next fish in the sea.

You want to get to know him, but keep him at a distance. Don't be the girl who instantly begins staying the night at his house and never leaves his side. Keep some mystery, and get to know him gradually so you can evaluate him at a distance.

### How to Evaluate a Man

Firstly, go through your list of expectations in a man. Check off the ones he seems to have and circle the ones he does not. Are any of these crucial to you for a long-term relationship? "But it's the honeymoon phase, I don't want to get serious," you say. Tough cookies, sweetie! This is for your own good.

#### 1. Does he have a good sense of reality?

So he's always hanging with his buddies and using phrases like, "Ballin' outta control." He just wants to get tattoos, even though he doesn't own a car. Beep, beep! Warning! Step away from the man! You need someone who knows how to have fun, but who also acts mature.

Find a man who at least has some grip on reality, meaning he knows how to act responsibly and can live within his means. This man has his own responsibilities and takes care of them. He has an education and or a good job and isn't still pursuing a lofty profession such as a pro-golfer or a singer.

Dreams are great, but you have to be realistic. Be wary of the man who also says he doesn't have a lot of money, but keeps charging expensive dinners and buying you nice things on his credit card.

## **2. Is he attractive?**

Yes, you read that correctly! This is a must, ladies. Say your girlfriends set you up with this guy who seems amazing on paper. Turns out he's just not your type and you are not physically attracted to him. Chances are the relationship is not going to work out for you long-term.

Does he have to look like Matt Damon or Taye Diggs? No! But you do need to have some level of physical attraction in a relationship.

## **3. He's a man of integrity.**

This is probably the most important thing to evaluate. A man of integrity will make wise choices, even when you're not there to look over his shoulder. How do you tell if a man has integrity? Watch him in public situations.

Does he behave nicely to people he doesn't know or is he rude? Does he avoid helping others but always expects others to do favors for him? Is he always giving you nice things even though he doesn't have the money (i.e, possibly stealing them)? This is not a man of integrity.

Look for someone who is genuine and generous. Men with integrity are willing to do things for other people and know how to make moral decisions. He is honest, sincere and polite with his friends and even people he doesn't know well.

## **You're In Charge — Not Him**

Even if he has a domineering personality, you are still in charge. You get to decide if this man stays or goes. Do not let desperation, loneliness or fear drive your decision. Also, don't let him convince you to stay with him.

Don't stay with a man simply because you've been single for five years. Don't stay with a man just because you no longer have to eat dinner alone or go to a party alone. Also, fear can sometimes drive our choices. You are not going to be a lesser woman or be the last single woman on earth if you pass this man up. Don't settle; find a man who truly deserves you.

### **Let Him Get to Know You**

Play a little hard to get. Let him work some to get to know you. Make sure he knows you are worth the effort and that he will like what he sees. Just like you want to get to know him slowly, let him get to you know you slowly, as well. Keep some mystery to pique his interest and desire to learn more.

Lead him to believe there is always more to the story to share later. Keep him interested, and he will keep asking you out on dates.

### **What if He's Not Worth It?**

Don't force it. If it's not meant to be, it's best to move on. Go back to chapter four and strut your stuff until you find yourself a keeper. There are plenty of men out there waiting to meet you. Don't sell yourself short. You are an amazing woman worth getting to know! Any man should be happy for a chance to date you.

## Chapter Six: Putting Out Without Selling Out

Let's talk about sex, baby! This is probably THE single most important thing to remember about dating. You have to have sex rules — rules that you will use when you begin dating someone. Let's face it; you don't want to be a hussy or a prude! So read on to learn how to meet in the middle.

First off, whatever you do, do not have sex on the first date. It's very anticlimactic to get to know him AFTER you've already had sex. Where's the fun in that? You can't seduce him and create anticipation. If you wait, you're also telling him that you're serious and that you want more than just sex.

Waiting a bit keeps him interested. It makes him chase you and attempt to seduce you. It's likely that he will enjoy the wait. It will both drive him crazy and make him want you more! If you give him the trophy before the competition, you're doing it backwards.

### Sex Rules

You need to **set boundaries** that you are comfortable with when you begin dating someone. The only person who holds the "key to the bedroom" is you! Don't let him decide when the time is right.

Figure out **limits for yourself**. Just because your girlfriend has sex on the first date, it doesn't mean you have to follow suit. Do what you feel is most comfortable. Remember that you want to remain somewhat mysterious. If you want a committed relationship, don't be too promiscuous. As the saying goes, why will he want to buy the cow when he can get the milk for free?

Only you can decide what you're comfortable with in the bedroom. Decide what your boundaries are and stand firm. You'll be glad if you wait a bit while you're getting to know him. That way you can discover any skeletons in his closet before you get physically intimate with him.

**Sex is an important thing to men, but they don't link it to commitment** (unless you make it that way). Just because you had sex with him, doesn't mean he thinks you are exclusive now. Make your rules clear without scaring him away.

When you are beginning to date someone new, **hold onto mystery and possibility**. Practice being a tease. It will drive him CRAZY! Build up so much sexual tension that when you are both ready, the sex will be awesome. Let him know how good it can be and make him chase you for it (but not too hard).

If you are seeking a serious relationship, make sure you know you are **the only one**. You don't want to have sex with him and assume it is a monogamous relationship only to find out later that he's been sleeping around at the same time. Make it clear that you want to be exclusive. If he's not willing to do that, he isn't worth keeping around.

### **Make Sure You Are Ready**

Don't have sex with him just because you think he might leave you if you hold out any longer. If he is worth it, he will stick around and wait for you to be ready. Don't rush into something that you're not truly ready for. You don't want to regret a special moment.

Having sex from the get-go sends the wrong message. If you have sex on the first date, this man might think you're just interested in a casual relationship, a sort of friends-with-benefits type of relationship. If that's not what you're looking for, holding out a little longer is the best idea.

Get to know him as a person first. Sex can complicate things. You also want to make sure you have proper birth control in place. If you have sex before you get that figured out, it may lead to way more than you bargained.

If you are a virgin, it's likely you have already been pretty conservative with your sexuality. It's ok if you want to wait until marriage. Just be upfront about your view to your man as soon as possible so he knows where you stand. A man worth having around will be willing to wait.

### **When You Do Go for It, Knock His Socks off!**

Oh, this man is just so special. You want him to stick around for a long, long time. You can't imagine your life without him. Well, honey, when you are finally ready to sleep with him for the first time, prepare yourself to knock his socks off.

If you are not already a sex goddess, **educate yourself on sex**. Don't try things that are so out of your comfort zone that it makes you incredibly vulnerable. However, if you want to try something new, then go for it! Just don't break out the whips and handcuffs the first time. You might not know what his preferences are.

Everyone has expectations on what the first time with someone is going to be like. If you do a great job staving him off for a bit, the sexual tension will build and make the final moment that much more pleasurable. The more tension you have, the better. Sex will be amazing the longer you decide to wait.

Find some new lingerie that is classy and personal. Find ways to impress him that you're comfortable with and try to beat the competition. Be so amazing in bed that he will never want to find someone else again. Men have a need for sex. Not only do they need sex, but they LOVE good sex. Sex for him is like his big security blanket. Sex makes him feel loved and meets his needs as a man. That's just how they are wired.

Be an amazing lover and confident in the bedroom. Refer to chapter two about being confident with your body. This goes for when you're naked too. If he has been going out with you for a while now, chances are he has already accepted your body for what it is. Be confident in the bedroom, and don't try to hide your body. He wants to see it all!

Lose your inhibitions and reservations about your body. Affirm to yourself that you are beautiful! Be proud of what you have and try not to be shy. If your body language tells him you are scared, he might be afraid he is making you uncomfortable.

Make time to create a great experience for the both of you. **If you have children, find a sitter** so there is no chance you'll be interrupted. Light candles, put on soft music and make the bed with fresh sheets. Create a special atmosphere that makes it seem special and then be prepared to make it the best for both of you.

## Chapter Seven: Making It Work Long-term

Let's just get it out in the open and dispel a common long-term relationship myth: relationships should be easy. You didn't think you'd be in the "honeymoon phase" forever, did you? You see happy couples and think, "wow, that looks so easy and natural." Truth is most couples never share just how much work they put into their relationship.

### What You Both Need

Men and women clearly have different needs. Women are wired differently than men, but there are three simple things that both need from a relationship:

#### 1. Honesty

- a. **Men:** Guys love to know that they can trust you to tell them the truth. They want to know you can be reliable and you won't go behind their back to hurt them. They want respect. Respect to them means love! Being honest with him about everything and opening up when it's needed will make him feel that you also trust him.
- b. **Women:** Women also need to know that her man is loyal to her. Women love when men open up and be completely real. Without prying too much, women want to be told details about what men have been up to when they are apart. Don't be afraid to ask him to always be honest and genuine with you.

#### 2. Romance

**Men:** Let's face it: women don't tend to think about men needing romance. But men love when you take the time to cook their favorite dinner or even wash their car. Find out what makes him excited (gifts, acts of service, quality time together, etc.) and make it work in your favor. Tell him something sweet like, "You look handsome" or "I love it when you \_\_\_\_\_."

**Women:** It's no secret that women love romance! Tell him what you love. Don't be shy about letting him know that you like certain things in a relationship. If you love getting flowers, tell him! If you like when he helps with chores around the house, tell him!

#### 3. Intimacy and Sex

**Men:** Your man NEEDS it. It is one of the many ways that testosterone has an effect on a man. He physically and emotionally needs it to be connected and satisfied in a relationship. If you're not big on sex, make it a point to try to have sex on a regular basis. Put it on your calendar if you need to! Also, be creative. Men love when you try something new and fun. Make it a point to really listen to him. Being intimate means you take the time to be connected to him and listen to what he wants and needs.

**Women:** Women need more on the emotional intimacy level. Of course, what woman doesn't like good sex? But what women really want is to know that he is truly listening. He is there when we need him, and he knows our innermost thoughts. Women also really love a good cuddle. Women are wired to feel connected and secure when a man cuddles and wraps his arms around us.

### **Compromise: Making Your Needs Mesh**

Learning to compromise is one of the keys of a successful relationship. In a good relationship, both the man and woman are willing to make sacrifices and compromise what they want. Find out where you are willing to compromise and where you need to stand firm.

Work together to come up with a list of your needs — what you both want in the relationship and what you both expect. Laying it out in the open will help eliminate conflicts. Tell him what is important to you and urge him to do the same.

## **Conclusion: You Can Do It**

Now that you know how to get a man, it's time to put it into practice. Be a confident woman that any man would be proud to have by his side.

Don't lose hope or get discouraged. Just because you haven't found him yet, doesn't mean you won't. Be patient and resourceful. Look in new places and step out of your comfort zone. You'd be surprised where you can actually meet eligible men.

Look yourself in the mirror. Tell your beautiful reflection that you can do this. You are strong, gorgeous and worthy of the man of your dreams! Soon enough, you will meet a man who was worth the wait and chances are, he'll think exactly the same thing about you.

**Have you checked out that free video that shows the secrets of what men crave in a woman?** Make sure you watch it ASAP if you haven't yet!

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