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The Top 10 Secrets To Increasing Your Irresistibility And Marrying Your Ideal Man

What other women do that get them their man that you can now benefit by

Published by:

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Message From The Author



Hello. I'm [Elaine Bothwell](#) a Relationship Coach, and I'm here to help you attract your ideal man so you can create a loving relationship with him.

This report contains information that you can use to increase your irresistibility and marry your ideal man. For this to happen of course you need to know what your ideal man is like. This is so when you were around him then you'd know it.

Also, when you know who your ideal man is- his character, out look on life etc then it's so much easier not to waste time on the guys who just aren't your ideal.

So the first part of this report helps you with those top 10 secrets that will increase your irresistibly, and then you can use them attract your ideal man into your life.

So enjoy this report and if you have any questions you can contact me at my blog.

Speak to you soon.

Elaine

Introduction

Hi and welcome to **The Top 10 Secrets To Increasing Your Irresistibility and Marrying Your Ideal Man.**

This report is split into two sections: Section 1 is where you'll find the top 10 secrets and Section 2 is where I'll give you some pointers on how to marry your ideal man.

Once you've read through the secrets think about how you can apply them to your relationship and maybe where you already have- because as with most secrets they are what women use everyday they just didn't know how powerful some of those strategies were.

And just before I get into revealing the secrets, everything I have written here I have field tested just to make sure they work and how they work. Some are more powerful than others so be careful how you use them- but I'll give you the **CAUTION** sign when you come up to that one.

So happy reading and happy relationship building.

How To Increase Your Irresistibility

Secret 1

Smile. (caution- see above)

Have you ever been in a situation where you've been around women and they seem to get the guys vying for their attention but not yours? Has it puzzled you as to why they seem to get this when they are no prettier or attractive than you are? Have you asked your friends what's wrong with you and they say nothing yet, if that were true, you think, then you'd be getting the same type of attention.

Well the upshot is that men like and love women who **SMILE**.

Now I can guess that you were thinking that this isn't really a secret at all, everyone smiles. But let me tell you this- as common as an activity this is, smiling is **THE BEST** way to increase your irresistibility with a guy.

Men love it, they are turned on by it, and they can never get enough of a woman who smiles.

Various types of smiles

Of course I'm not talking about your every day smile when you're having your picture taken, though that is part of this, I'm talking about the kind of smile that melts hearts and sets men's pulses racing.

And don't think for one minute that you haven't got this within you, because you have-believe me it's just a matter of being aware of this and then practicing it.

The top 8 kinds of smiles and how you can use them for better effect.

1. I love you
2. I fancy you
3. I want to get to know you better
4. I am enjoying your company
5. I like you
6. I am please to meet you
7. I'm embarrassed
8. I feel uncomfortable

Now as you can see from this list there are at least 8 types of smiles that you'll use in one context or another, and for our purposes here I won't be going into smile number 6 – 8 because they are your ordinary everyday smiles at which I'm sure you're well practiced.

I'm going to concentrate on smile numbers 1- 5.

So why these? What makes them special?

Well it's not necessarily anything in themselves that makes them more special than say smile number 6 it's how you use them that make them special, how you use them and when.

Because these smiles are the ones you can use to increase your irresistibility.

Let's take an example.

Say you're out with the girls and you spy a lovely guy who from the looks of him he's right up your street- so to speak- you think he's pretty hot.

How do you now communicate with him in a way that gets his attention without you having to say anything and potentially embarrass yourself if he's not interested in you?

Well of course it's to smile and in one of the 5 ways as above.

So you could use smile number 3 and he would get the message, or if you were particularly keen, use smile number 5. Both of which look to your friends, unless they are truly observant that you're just smiling.

How to turn your smile into the attraction machine it really is

So you're probably thinking well if my smile just looks ordinary to an observer then how is that man supposed to know what I'm trying to convey?

Good question and here's the answer- **it's your intent.**

Your intent is conveyed through your thoughts and it's that which gets transmitted via your smile.

It's like this, when you think – I fancy you, or I want to get to know you better or I think you're hot, then your smile changes as does something else which is secret number 2 which I'll discuss in a minute.

And so now your smile has taken on a very different look to your man and he will without doubt get the message even if he doesn't decipher it precisely he will know you want to get to know him a lot better.

So just to repeat- to turn your smile into the attraction pulling machine that it is, think the thoughts you want to convey to that guy you've got your eye on and he will get the message (unless he's particularly dense)

Caution

You may have noticed that I have put a caution next to this because this is powerful and only to be used when you are in the mood to have guys come on to you and hang round you- because they will and not always the kind of guys you want.

So my caution here is expect the unexpected and at first do this with your girlfriends present and practice, practice, practice.

How To Increase Your Irresistibility

Secret 2

Your eyes (caution)

Have you wondered why some women seem to not do very much but guys flock round them all the same? And has it occurred to you that the women who get really great looking guys are not necessarily the most pretty, best dressed or even the most interesting to be around?

Do you want to know one of their secrets? It's their eyes.

Why your eyes can make just about any guy fall in love with you

Now of course I'm not talking about their eyes in particular, an eye is an eye is an eye- but it's how they use their eyes that you can learn from here.

Your eyes say so much – which of course you already knew and just like your smile you have an arsenal of eye messages just waiting for you to utilise and make guys fancy you and find you irresistible.

Just a note here- this works for husbands as well

So back to what I was saying, your eyes have a message centre all their own, and if you use them correctly they will reap you rewards in the attraction department.

Varying eye messages you can utilise

1. I love you
2. I like you
3. I want you
4. Come here you seem interesting to me
5. I fancy you
6. I want to get to know you better

As you can guess, exactly what you can convey with your smile you can convey with your eyes either alone or together. If you use them together then again this is a **VERY powerful strategy** to use on any guy because depending upon your message, you will get guys hitting on you- so use wisely.

How to practice your eye messages

To give these messages so your guys gets what you want him to know, first practice using your thoughts on someone you may never see again and note the effect. Just think the thought-“ I want to get to know you better “ keeping your smile down and say it though your eyes as if your eyes are doing the talking.

If you want to make sure you are getting this then use a girlfriend to practice on, if you are doing it right she will get your message – it’s not gender specific- it works.

Taking your eye messages to the next level

Next- use this with your smile, start with the easiest one and the most comfortable one for you to use and do them together.

Again you can either practice on some guy at work or with your girlfriends.

How To Increase Your Irresistibility

Secret 3

Touch

Do you know why and how a man gets turned on even when you're not doing anything in particular? Do you know how to tell a guy you fancy him in the most discreet way? Do you know how guys decide whether you are attractive or not?

It's through your touch.

Intimate touch and friendly touch a touch says it all

You of course know that when you're intimate with someone, then touching is the medium to increase your irresistibility, but how do you convey that message outside the bedroom in a way that won't get you into trouble?

Touch a guy on his shoulder, or his back or his arm and you are telling him that you are attracted to him and in turn he will find you very attractive. **DO NOT** touch him on his derriere or his leg and avoid his hands unless you're just shaking them, and of course never his hair. You want to give subtle signs of familiarity not too intimate overtones that are only appropriate when you are already in an intimate relationship with someone.

Just for the guys at work

So for guys you know but want to plant a seed of liking in them, occasionally touch them on the shoulder in congratulations maybe or when you're thanking him for his assistance, and over time he will get the message that you and he are more than just friends or acquaintances.

A light brush and a tap can do it all.

Now this technique that I'm going to share with you is only to be used with someone you are intimate with and or want to be intimate with, because it will leave strong overtones which guys readily will pick up on.

Using your first finger, and first of all practicing on your arm, write imaginary circles on your arm or hand in a slow motion. Keep going over the same circle round and round and note how it feels to you.

Get a female friend to do this to you and note how you feel.

Technique 2

Using the palm of your hand gently caress your hand over your arm and eventually over your guys arm, up and down as slowly as you can.

Then use this with the smile and the eye messages and you will have a full blown man magnet strategy – your guy will find you deeply irresistible.

Don't be fooled by the simplicity of these techniques- they are powerful and work.

How To Increase Your Irresistibility

Secret 4

Increase your self confidence

Have you ever been in a situation where you felt so uncomfortable and self conscious that others seemed to want to avoid you? And have you similarly been in a situation where you were feeling so good about yourself that someone pointed out that someone fancied you but you didn't even notice?

Confidence is infectious and men love it- trust me on this.

Blowing out the myth that men don't like confident women

You have probably heard that men don't like confident women, and of course some men won't and don't- but I'm not talking about the overly needy types or the very insecure types, I'm talking about the average to above average guys.

The kind of guys who likes confident women, are the kind of guys who are secure in themselves and love to be around successful people.

For those of you who haven't met me, I have always been confident around guys- (I did go through a period where I was encouraged not to show my confidence, but that's another story)

What I learnt is that guys like confident women and if you develop your confidence men will find you very appealing.

So what do I mean by confidence?

I'm talking about confidence with men, confidence in your own being, and confidence in you as a woman.

In the video- the number 1 secret to capture the heart of Mr Right- which you viewed when you subscribed- tells you that this is what men really want- (re-watch the video to understand the reasons why). Suffice it to say that increasing your confidence is such a turn on.

3 steps to increase your confidence that gives instant appeal

Step 1

Every day no matter what you have done, tell yourself you are a beautiful and desirable woman and **any guy** would be pleased to have you as his girlfriend or wife.

Step 2

Find the evidence why this is true for you.

If your whole future was based on how confident you can make yourself you'd do it right? Well this is no different- find that evidence when you did particularly well. Find the evidence that guys already find you appealing, find as much evidence to your appeal and use that to mean it's true about you now.

Ask your girlfriends to tell you 3 or more things they like about you and believe them.

Think back to when your parents or other adults said you were special or gifted or you had a beautiful smile, whatever it is, start to believe it is true.

Step 3

Verbally give yourself praise and recognition.

If you are good at something then when someone compliments you, agree with them- say something like, '.... yes thanks for noticing, and yes I am pretty good at....'

Confidence starts on the inside first.

You know that saying you have to see it to believe it? Well this isn't the case for building your confidence, this is a case of you have to believe it then you'll see it, so make building your confidence a must for you and coupled with the other techniques you will be irresistible.

How To Increase Your Irresistibility

Secret 5

Boost a man's ego

Do you ever think that men are so easy to manipulate and get your way with? Or have you noticed that there are some women who can get men to do just what they want them to do and the men gladly do it?

If you have, then these women know something deeply that you may only understand intellectually- and that is, to a man, his ego is his Achilles heel or his most vulnerable spot- but you know that already don't you?

What you may fail to realise is that unless you can boost a man's ego even with the techniques above (except confidence) your appeal will only be short lived, and that is because no man can avoid being smitten by a woman who appeals to his ego.

Why?

Men in general think they are all that and appealing to his ego only reinforces his view of himself already.

And this is the key – his self concept.

If you can find out what a man thinks of himself and mirror that back to him in the form of what you think of him, it's akin to him looking in the mirror and instead of seeing a small, balding middle aged gent, or a spotty youth staring

back, they see what you are reinforcing in them, them at their most virile, their most appealing.

So appeal to their ego by finding out what your guy thinks of himself and then agree with it.

A small example

So let's say you're out and having coffee with a guy and he mentions that he collects stamps and he's got the best collection in his circle of stamp collectors, what you do now is not think – OMG who is this?

No contain your need to run, and look at him and say ' gosh I bet you're the envy aren't you?' or ' Wow that must have taken some doing- I bet the other guys would love to find out your secret?'

You get my drift here- he won't be able to resist it- no man can.

And believe me when I say this, a woman who can compliment a guy in subtle ways about his manhood, is ability to make money, his strength or overall helpfulness, will have guys eating out of her hand.

How To Increase Your Irresistibility

Secret 6

Use 'we'

Do you wonder what it takes to get a guy to take notice of you and like you as quickly as you like him? Have you watched as other women get asked out by more than one guy and never are without a date?

If you have then one of their secrets tactics- and this is a tactic- is to use the word 'we'.

Here's how it goes.

You are with a guy who you like but he's a bit dense and you want him to speed up the dating and get to the good bit where you can go out and have more fun. But in order for that to happen you need him to see you as his girlfriend.

So deeply enthralled in conversation you let out a **we**.... and unconsciously he will get the message that you and he are an item even before you are.

To expand.

This is what you do.

When you are talking with a guy and you want him to see you as more than just good friends, then when you're talking say '... yes **we** could do that it sounds like fun.' or if you want it to be cemented in the eyes of others, then

wait until someone comes over a friend of his or of yours and say something like this..

‘ ... Yes **we** were just talking about that and we found it so funny...’

or

‘.... remember what **we** were talking about earlier.....?’

The use of we speeds up the bonding process and therefore your irresistibility because now he sees you as more than his friend.

And note: this works with work colleagues as well but not in a sexual way if you don't use the other secrets with it- just use we and that colleague will think you and he or she – are firm friends and allies.

How To Increase Your Irresistibility

Secret 7

Listen

If you are in a group of people and there are some women who seem to get the attention of a lot of the guys- they seem to want to talk to her- do you know why? Or

do you want to know how a person can get someone to do her favours or go out of their way to be of assistance to her?

You guessed it- by listening.

Or maybe you didn't guess it because listening is usually what women want from men that men do so badly isn't it?

Well as much as men – some men- may not be great listeners, if you listen to them, they will lap you up.- they won't be able to get enough of you.

A personal example

I am officially a technophobe- and because of that I need a lot of help and assistance with my computer at no or low cost. The only way I get the kind of help and assistance I need is to charm the guys and because of this they gladly help.

So this one guy- who is really sweet, could bore for England, sweet but boring, I used the listening technique on him.

This is what I did.

I was on a night school course to learn how to turn on a computer without freaking out LOL and I knew that there was no way I'd get through the course yet I needed my computer looking after.

So during breaks I would make sure I sat with this guy and listened to him talk about his son, his family, the latest gizmo – you name it I listened to it in rapt attention. And later as I knew it was my time to leave that course- I was hopeless at it- As I listened to him I dropped into the conversation how he could do the teachers job because he explained things so well.

Later I got his number as he 'volunteered' to help me fix my computer- for pennies I might add.

So if you didn't get it this is what I did.

1. I listened with rapt attention to his stories. I made sure that I was thinking that he was the most interesting and fascinating guy and of course what you think shows.
2. I complimented him about his knowledge putting him above the teacher (incidentally this is true the teacher sucked)
3. I dropped hints that my computer needed fixing (see secret 8)
4. I tentively asked him if he would take a look at my computer or if he knew of anyone who could do this for me.

5. He fixed my computer for mere pennies and in some cases for free and gave me software for free as well .

This works.

How To Increase Your Irresistibility

Secret 8

The damsel in distress.

Have you ever seen those girls who always seem to get the most hulking guy take care of them and protect them? Has it ever bothered you that you can need help and assistance but you're told to get on with it, yet some women seem to get more than their fair share of help?

If you have then what these women know only too well (my sister is amongst this group) is how to use the damsel in distress persona as a way to get all the help and assistance they need.

Why this increases your irresistibility

Men like to help. Men like to please. Men like to be seen as useful and helpful. Men like to be seen as needed.

Now I know if this isn't your experience you may not believe me, but it's true.

Men love to please- honestly. (I've even had a guy fix something for me and want my approval so much he said- ' well I just want to please you') (If you want to know what other techniques I used email me and I'll tell you)

If you know how to use this strategy you can have guys think you are so appealing that they will go out of their way to help you and if you use this with the more sexually orientated secrets above, he will find you irresistible.

This secret is simple really- all you need to do is ask for help and then **THANK HIM** profusely for it.

And this is the key- you must thank him like he's painted the forth bridge or something, and believe me he will look at you with new eyes.

How To Increase Your Irresistibility

Secret 9

Laugh

If you're at a party and there is a huddle of guys to girls, do you know who will be getting the most attention? If you are at work and you have your eye on a guy but you don't want to make the first move, do you know what you can do so he will feel compelled to make a move on you?

Yes you guessed it- laugh with him and when you get to know him better, laugh at him.

The old ones are the best ones

I remember reading about how women used to teach their daughters about men and how best to get herself a husband. Amongst the ideas that aren't as relevant today was the idea of laughing at a man's jokes- even if you didn't get them.

The aim was to make yourself as agreeable as possible and no man can resist that- remember stroking his ego above?

Well there is some truth in what this book was saying- but I wouldn't advice laughing at a guys jokes if you don't get them (unless he's your boss and your promotion hangs on it LOL)

What I would tell you to do here, is first of all think the thoughts

‘ Gosh Larry is (or whatever his name is) such a funny guy’

Think this so much you actually believe it- and then when Larry is talking and telling a naff joke – or a bad one- you can genuinely laugh because you find him funny or at worse amusing.

And this isn't just about laughing at or with him it's also conveying funny stories, or situations, and finding life funny or amusing.

When you do this you will be a breath of fresh air and of course irresistible to those guys who like to feel good- because that's what you'll make them feel when they are around you- they'll feel good.

And as with all the other secrets above- **this is the key to this one- how you make him feel when he's around you**, because the woman who makes him forget about the stresses of life, who can bring a bit of lightness into his life is the woman who has his attention and the woman he will find irresistible.

How To Increase Your Irresistibility

Secret 10

Become popular

Have you ever wondered why if there were two girls with the basically the same amount of appeal that one of them gets treated well by guys but the other doesn't ?

Have you ever thought about what these women are doing who get their phone calls answered, get guys calling them back and even get guys making sure they never stand them up?

The answer is because one is more popular in the eyes of the guy and he can't afford to let her go, whereas the other one isn't, and so she gets messed around a lot more.

What do I mean by popular?

I don't mean popular in that you have lots of friends I mean giving the perception that you are sought after and therefore a prize to catch.

Remember when you've read anything about how guys think that the literature will tell you guys like the chase? And if you've read the 'rules' the book- there are rules in there designed to mimic this by suggesting that you make yourself unavailable so a guy can think that he's not the only one who wants you.

Well this is what I mean by being popular but you don't have to pretend that other guys want you- you just make it true (by using the above secrets)

How to get elevated up a notch to a 'must have' girlfriend

When you make this true, and convey this to your guy, you will be elevated up in status as far as he's concerned because now he knows other guys find you just as attractive and appealing and if he's smart he won't want you to get a way.

And that's the key with this secret, truly put the above secrets into practice and you will become more popular. What this then allows you to do is to genuinely tell your chap that you are very picky because guys ask you out all the time and you're always turning them down.

But only say it if it's true for you because this works but if you 'lie' it will back fire- plus there is something about a woman who is genuinely popular with guys in the way she comes across – it's something you can't fake.

Conclusion

There you have it- the top 10 secrets to increasing your irresistibility and marrying your ideal man (see next page)

All of these secrets strategies work- I have personally field tested them and if you do them with vigour you will be deemed irresistible.

Let me know how you get on.

How To Marry Your Ideal Man

In order to marry your ideal man you need to do and know a few more things than the secrets above, but this is a good start.

Answer these questions

1. What kind of man do you want – who would be ideal for you?

Write this down in detail.

2. What makes you happy in a relationship? What to date has made you unhappy?

You now what you should avoid.

3. Write out the good things about relationships that you have had in the past- use that as your benchmark for all future relationships

4. Write out the 'bad' things or those things that you experienced in past relationships

5. Think about what stops you from meeting or having your ideal man in your life right now- basically why do you think he's not in your life right now?

With these answers you now have something that you can work on.

6. Subscribe to Level 1 of How To Attract Your Soul Mate – for FREE which will help you get into the right place emotionally to attract your ideal man and eventually get into a great relationship with him.

7. Learn how to be in a relationship that is leading to marriage or commitment- learn which guys are less likely to commit and which ones are likely to.

Use your past experiences here to help you draw up a checklist for all future relationships.

8. Model someone who has been able to attract a great guy and he has committed to her. Take her out to coffee and find out what she did- she may say just one thing that can help you.

And that's it really. If you put these into practice you will increase your irresistibility and attract the right kind of guy for you and get him to commit.

Good luck!

And if there is anything that I can help you with, then let me know.