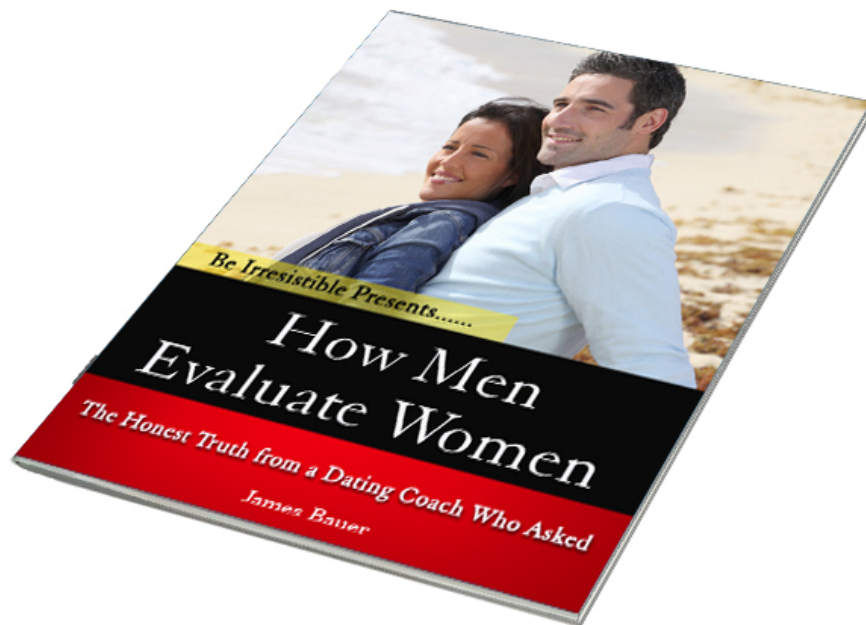


“What If You **KNEW** What Men Secretly Wanted (But They Could *Never* Tell You)?”



Can You Share this Report? - YES, this report was written for everyone, you are perfectly welcome to share it. Feel free to post it online, add it to your blog, or email it to your friends. My only request is that you don't change it.

How Men Evaluate Women

This report contains the raw truth. As such, parts of it may be difficult to read, or possibly even offensive. I considered leaving out the parts that don't reflect favorably on my gender, but then I would have to change the subtitle to something like, 'The Somewhat Honest Truth.' I apologize in advance for any discomfort you may feel as I pull back the curtain and reveal the inner workings of a man's mind as he evaluates a woman. In addition, I should point out that this report is meant to be brief and to the point. As such, it lacks much of the background information that supports many of the points made. Rest assured, these are not simply my opinions. The information you will find in this report was carefully gleaned from hundreds of research studies and hundreds of private conversations with men. I should also mention there are many factors that I leave out of this brief report which have an impact on how men evaluate women. I have chosen to focus on the most powerful factors that influence how men evaluate women. Let's get started.

Your Sexual Vibrancy

Men unconsciously (and sometimes consciously) evaluate women based on characteristics that have to do with sex and the potential for healthy offspring. This is true even among men of an older generation dating women who are postmenopausal. The simple fact is, men don't feel that special kind of 'in love' feeling unless there is some level of sexual attraction. This is true even for men who are not shallow and who are capable of having a deep romantic relationship with a woman based on more than physical chemistry. Do not ignore the importance of connecting with a man on a physical level. It's where his attraction to you will start.

Fortunately, the most critical aspect of sexual vibrancy is something you can consciously control. Before we get to that, let's discuss some of the other very important variables that affect the way a man experiences a woman in terms of her sexual vibrancy. Women like fashion. They like to impress their girlfriends with cute new outfits and trendy colors for everything from toenail polish to lip gloss. The truth is, men are only turned on by a small set of variables that are biologically hardwired into their brains. The most powerful of these variables are the ones that differentiate women from men. Tomboys make for good friends but rarely have men longing for a special kind of committed relationship with them. In other words, your femininity is sexy. You'll want to fully embrace all the aspects of your body that differentiate you from a man.

One of those factors is your waist to hip ratio. Men typically have very little difference in the circumference of their waste relative to their hips. Naturally, women have wider hips relative to a narrower waist. There is a 'golden ratio' that scientists have discovered regarding the nearly universally most attractive ratio. It's not a stick-thin woman that men feel automatically attracted to. Here's a quick piece of advice to help you accentuate the curve of your body. Stand like a woman, not like a man. Men tend to stand with their legs set wider apart. It's a somewhat dominant stance and more natural to men. Women can accentuate the way their body triggers a man's sexual interest simply by adopting a feminine stance. Keep your feet close together and allow your hip to jut out to one side. This causes the differentiation between your hip and your waste to become exaggerated in a way that will unconsciously trigger his attraction toward you.



Even though the model in the picture has small breasts, she has a great deal of sex appeal to men because of the curve of her waist. Notice how she pushes her hip out to one side to accentuate this. You don't have to be this skinny to get the effect. However, if your belly protrudes to the front or sides to such an extent that your curve is reversed, you really should invest in your love life by taking the difficult steps toward losing weight. Another powerful factor is a woman's hair. Don't cut your hair short. It may be in style and it may be cute, but it will not attract men on a primal level. Without going into all the details, I'll just say that you should aim for the longest hairstyle you feel comfortable with that is currently in style.

You probably don't need to be reminded of this one, but anything you can do to improve your complexion will have an enormous impact on that unconscious evaluation process that a man's mind does. The truth is, makeup works. If you've already done everything you can to naturally improve your skin complexion, and you don't have particularly nice looking skin, you can trigger a man's attraction by using a light cover that improves the appearance of pores and complexion.

Another area where makeup has an effect on men is darker or longer eyelashes. Everything else will make little impression on a man. In fact, using rouge and any lipstick color other than red will have no impact on the biological attraction response a man experiences. It can actually detract from his attraction to you.

You may think only a shallow person would judge someone else based on the size of the pores in her skin or the length of her eyelashes. But remember, this is an automatic process in the mind of a man. It cannot be turned off. It's like opening your eyes and trying not to see the tree in front of you. Your brain automatically decodes the barrage of light striking the retina in your eye and sends an image to your mind. You can't stop doing it. In the same way, a man cannot turn off the automatic sense of attraction he will feel toward a woman whose physical characteristics accentuate her feminine traits and sexual vibrancy.

All of these factors have to do with sexual vibrancy. Healthy skin, long hair, and womanly curves trigger a man's brain to mark you as a good sexual partner who is healthy enough to produce offspring. It sounds terribly unromantic, but from his desire to have sex comes his desire to become a good mate for you. Embrace this truth and set yourself free from any insecurities or fears you have about using your sexuality to attract a quality man. Here's the good news. A man will automatically judge a woman's sexual vibrancy based on her overall energy and attitude, not just her physical characteristics. Think about what the word 'vibrant' really means. Here are the definitions from the Encarta (North American) English dictionary. Read each one to get a sense of the rich meaning behind this word.

1. Energetic

full of liveliness or energy

2. Pulsating with energy

seeming to quiver or pulsate with energy or activity

3. Resonant

having a full rich sound that tends to continue for some time

4. Bright

dazzling or radiantly bright

When men are looking for a partner to take seriously for a long-term relationship, they looked to a woman's vibrancy. A positive attitude goes hand-in-hand with energy. Men are attracted to women with a positive, energetic attitude toward life and relationships.

Think about times in your life when you have felt depressed or down in the dumps. What happens to your energy? When things go wrong, our mental energy shuts down. For people with clinical depression, it can get to the point where getting out of bed is difficult because of a loss of interest and motivation for pursuing goals.

The opposite happens when we become excited about some event in the future. When you get a raise or simply realize it's Friday afternoon and you have the weekend off, your energy increases. In other words, positive expectations for the future increase energy while loss or negative expectations about the future shut down our mental energy.

A woman's capacity for reproduction is intricately interlaced with her energy level and attitude toward life. It may not be romantic, but these unconscious psychological factors influence the primal attraction men feel toward a partner or potential partner. Research studies have confirmed that the number one reason men give regarding their initial attraction to a woman they later asked to marry comes down to this: 'I don't know how to explain it. She seemed so happy and energetic.'

There are many ways to be energetic. You can tailor this information to fit with your particular personality and style. For example, some women enjoy playful banter that demonstrates the sharpness of their wit, while other women show their energy in their facial expressions and playful physical gestures. The key is to allow your positive energy to shine through and be visible on the outside.

The Next Layer of Attraction

Physical attraction gives a spark to a relationship, but it remains an important factor in long-term relationships and marriages. Keeping that spark alive requires attention and conscious effort to keep your man interested and hooked by desire. That said, a man's evaluation of a woman has to do with more than just physical attraction. In this section we are going to discuss the two most powerful variables that a man evaluates in a woman's personality. These two powerful variables can be summarized with two questions:

1. 'Will she enhance my freedom or interfere with my freedom?'
2. 'Will she contribute to my success or interfere with my success?'

Not all men have enough introspection to explain it with words, but all men have an obsession with freedom. We don't like to answer to a boss. We enjoy camping out and hunting because it makes us feel the thrill of freedom, playing around with the idea that we could survive all on our own in nature. Most entrepreneurs are men. The number one driving force behind the long hours entrepreneurs put into a new business is the desire to be free. It's ironic that men will work many more hours with fewer benefits and lower pay in order to achieve a sense of independence.

So where do you fit into a man's desire for freedom? The answer is complicated and depends on many factors that have to do with his particular circumstances, hobbies, and sources of joy in life. The key is for you to ask that question yourself. Where do you fit into your man's desire for freedom? By asking this question you empower yourself to interact with him in ways that cause him to evaluate you as a good long-term partner. For example, a woman who freely encourages a man to take time to spend with the guys is the same woman who will be pursued to the point that 'the guys' get irritated at his absence while he spends all his time chasing her.

Ever heard the term 'high maintenance?'" This is why it matters to guys. A high maintenance woman can threaten the man's freedom if she requires excessive time, money, or power over her man's life.

One of my clients recently e-mailed me, asking for my advice in a relationship that was going bad with the boyfriend she had been fairly serious with for quite some time. She relayed how he told her he needed some space because he wasn't sure he could manage the stress of the relationship. As I interviewed her about any reason why he might feel stressed by the relationship, she relayed an unfortunate sequence of events involving her own poor health and some relationship strain with family members that caused her to lean on him more than she had ever intended to for several months. He did basic things like drive her to surgery and help her through her recovery.

As we discussed the road to healing the relationship, I advised her to write him a letter that contained the story of their relationship. She was actually a very strong, independent woman with many resources, talents and skills, and she was in no way a dependent personality type. Yet he had experienced the relationship as a burden that diminished his freedom rather than enhancing it. We worked on refining her letter until it painted a beautiful picture of the relationship and its potential. The story included the period of time where he became burdened and the story went on to describe the way this series of events created a misperception that she would hamper his freedom.

The last part of her story painted a picture of the potential future if the relationship was to heal and continue. She described the way she would enhance some of the basic dreams he had. For example, she described how she would keep up the home he had dreamed of owning deep in the woods, caring for the sheltered dogs he wanted to take in but couldn't care for consistently due to his job as a pilot. It was a beautiful story that literally brought tears to my eyes because of the genuine, pure desire of this woman to enhance the freedom of a man she truly loved. How could he say no to that? When a man evaluates a woman, he evaluates the effect his relationship with her will have on his freedom.

Success and Respect

The second powerful question driving a man's evaluation of a woman's personality relates to his desire for success. For women, the ultimate success in life is often defined in terms of meaningful relationships and love. It's no different for men, but the conditions in which they feel loved are very different. Men feel successful when they are powerful, effective, and loved by people they have a deep, meaningful relationship with. But for men, feeling loved requires that they feel respected.

For a man, success is meaningless if others demonstrate subtle indications of disrespect despite their accomplishments. Even having an extremely attractive wife could be a measure of 'success' in the minds of some men, but the relationship will not last if the woman is in any way condescending toward him. Men simply cannot thrive when their ego is being trotted upon.

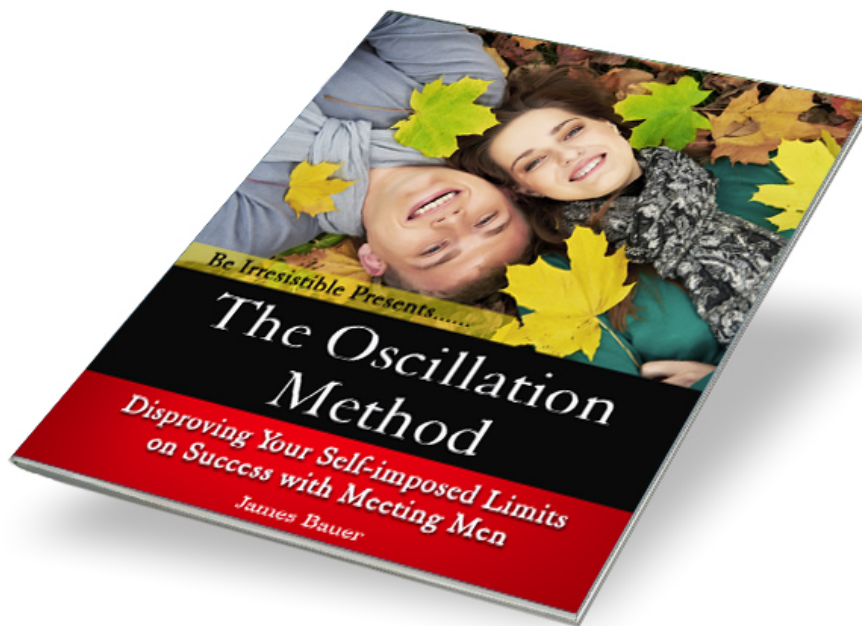
The problem is, the way a man feels disrespected is often a mystery to women. Women who claim to have a great deal of respect for a man often push him away without realizing the ways their words and actions were interpreted as disrespect.

When a man evaluates a woman, he automatically and unconsciously makes a mental judgment about the extent to which she will contribute or detract from his sense of 'success' as a man. The primary determinant in the way he defines that success will be the degree to which he feels his partner builds him up in the ways that make him feel manly and respected. This relationship factor is so powerful and so deeply misunderstood by so many women, we have developed instruction materials focused on bridging the gap between women's desire to build a loving committed relationship with a man and her understanding of the respect principle the way man experience it. To watch a free presentation about the respect principle, click [this link](#) for an online video you can watch right now.

Action Steps:

1. Wear clothes that fit snugly against your hip and waist so that your curves do the talking for you.
 2. Practice jutting your hip out slightly to accentuate the curves in your body. Practice in front of a mirror.
 3. If you don't see curves when you look in the mirror, consider whether it would be worth it to you to lose some weight (and get healthier in the process).
 4. Browse some celebrity magazines and look for a longer hair-style that you could live with. Cut it out and keep it to show your hair professional as you grow your hair longer. It really does make a big difference by erasing the androgynous effect of a short hairdo (even cute ones).
 5. Do anything you can to improve the health of your hair and skin. Use moisturizers and consider using biotin to thicken your hair. It's 3000 mcg of biotin that many women I've worked with have had great success with. Nature's Bounty 'Skin, Hair, and Nails' is a good product to go with for the 3000 mcg of biotin. Thick, healthy hair is very attractive to men of all ages.
 6. Think about the way you interact with your boyfriend. Think about the way you spend time and interact with new dating partners. Do you do or say things that could cause him to feel smothered? Think about ways to communicate your willingness to participate in enhancing his freedom.
 7. Watch for times when a man gets quiet, grumpy, or seems to pull away. When this happens, there is a good chance he is feeling unloved because of the way men equate love and respect. You may have done something that seems normal to you, inadvertently causing him to feel disrespected.
 8. Go watch our presentation on the [respect principle](#) to get a better understanding of the variables at play.
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The Oscillation Method

Dear Past Self,

Thank you for changing my life. You opened my eyes to capabilities and possibilities I never imagined possible. You faced challenges that made you stronger and more in control of the course of your life. You reached out toward the things you care about in life, and you did so as a leap of faith. You allowed yourself to be stretched because you believed it might be possible to accelerate your success in life. I'm writing to tell you, it worked. Always in your debt,

Your Future Self

Hello. My name is James Bauer. I am a dating coach for women. I specialize in transforming lives in the best way possible. I help women tap into knowledge and skills that lie dormant deep within them, unleashing a torrent of actions that yield beautiful relationships. In this brief report I have the privilege of sharing one sliver of my knowledge that has a particularly powerful effect on the lives of those who embrace it. With your permission, I would like to offer a new mindset and a shift in your perception of what you are capable of when it comes to meeting a man who truly is a partner worthy of your deepest affection. In this special report, you'll be learning how to apply the principles of oscillation between focused effort (that should involve some stress and self-discipline) and relaxation (in which you recover and become stronger for the next round of focused effort).

First, I'm going to explain the basics of how oscillation works. Then, I will help you to see how you can apply the principle to radically change the game when it comes to meeting quality men.

Oscillation simply means a back and forth movement. Whenever you're trying to accomplish something new that involves learning a new skill or overcoming an emotional, mental, or physical barrier, oscillation is your ally.

Imagine that someone asked me to train for a marathon. If I go outside and begin running, I may travel five or six miles before I feel too exhausted to continue. Imagine if I went back to the person who told me to start training and told him/her that I needed a different technique, because my training technique of running seemed to make me more tired instead of more able to run. That person would probably laugh at me, and remind me that I have to oscillate between pushing myself (in this case mentally and physically) and resting in order for me to gain the benefit of running as a form of training. Both the pushing with effort mode and the relaxation/recovery mode are essential aspects of the training. Without both aspects of the training, I will make little, or no, progress.

Training the mind is often very much like training the body. After a period of exertion, we often feel worse than we did prior to the exertion. But over time, our mind develops increasing capacity to manage whatever we require of it (so long as the relaxation and recovery component is also included). Take studying for long periods of time, for example: When I was in college, I began to experiment with increasing the degree of focus I used in my study time. I would concentrate on developing a more complete focus and absorption in the material that I was studying in an attempt to increase the efficiency of my study time. At first, this was mentally exhausting. But, over time, my mind adapted to the stress that I was putting on it because I would reward myself with playful, fun activities that did not require concentration (the relaxation part of the oscillation).

As a result of my initial work (that left me feeling exhausted and worn out in general), my life became easier. I was able to study for shorter periods of time with improved grades and more time for fun activities.

Controlled stress is less taxing on the mind than uncontrolled stress. This principle was originally studied with rats. The experimenters rigged the rats' metal cages to have random electric shocks that would continue until the rat hit a bar to

turn it off. Only one rat had the bar in his cage, though they were on the same electric circuit, so they received the exact same amount of shock time. Both rats showed stress hormone elevations upon initiation of the experiment. But after a few days, the rat who had control over turning off the shock returned to baseline cortisol levels (a powerful measure of stress).

The rat without control showed increasing levels of stress with deteriorating physical health to the point of eventual death, in some cases. The same amount of shock is experienced in a totally different way when there is a sensation of control over the stress. This is one of the reasons why oscillation towards stressors will decrease the overall stress impact in your life.

Here's another quick example of the powerful application of oscillation in the areas of your life where you want to regain control. Think about the lifestyle of someone who eats a very simple diet of healthy foods with bland taste, such as: oatmeal, grilled chicken, and whole grain cereals. When this person goes out to eat or has a special treat, he/she enjoys that treat to a much greater extent than a person who eats rich, fatty foods all the time. As a result, the healthy eater feels satiated by special treats on both the physical level and the emotional/mental level. He/she has more control over his/her own reward system. On a day when this person has been emotionally trampled at work or in some personal relationship, he/she can pull out a Snickers bar and have a dopamine rush in the brain. (Dopamine is a neurotransmitter associated with all things reinforcing and pleasurable.)

A person who needs a candy bar everyday has lost control over this particular form of self-indulgence. It is what his/her brain is accustomed to on a constant basis. Eating the richer, less healthy food, has become a baseline. My point is that, from a happiness standpoint, the person who eats healthy foods is not actually depriving himself of anything. Our sense of happiness is all relative to what we're used to. So, if you get yourself used to eating healthy foods, you get a temporary ripple of happiness in your mood when you splurge.

If you apply this principle to the areas of your life where you want to improve (but which you find stressful) you will find that your ability to accelerate your goals is greatly enhanced. Some people apply this principle to the goals they have for improving something they are already fairly good at (such as studying, in my example). However, very few people apply the principle of oscillation to areas of their life where they are truly struggling. The reason may become obvious to you if you think about it. What happens is the instinct to conserve energy becomes very strong when we're feeling overwhelmed. As a result, we pull back and relax at any chance we get. The problem with this is that our capacity to endure stress in this particular area begins to shrink the more we pull away from facing the stress. Then, when life throws an unusually large amount of stress at us in this particular area, we begin to unravel emotionally or fall apart. Our attempts at controlling the stress through avoidance end up weakening us over time.

Consider the military. The highest levels of military training involve intense use of oscillation to train soldiers to endure stress in the forms of sleep deprivation, sustained concentration, hunger, severe physical exertion, and feelings of fear and uncertainty. But the military does not use these forms of training indefinitely. They will use these methods for short periods of time. The time they forced their soldiers through these intense training modules has been studied. It was discovered that soldiers cannot endure intense averse training for more than about ten weeks before they begin to drop out quickly. After the training is complete, they rest. After resting, a simple one-mile jog, or one night staying up on a stakeout with no food or water is a breeze. Their capacity to endure that specific form of stress has been increased exponentially because of the prior oscillation towards the stress.

Let's apply this idea to something of an emotional nature. Let's say my primary psychological motivation is to avoid stress because I'm a person prone to depression. Let's say that my attempts to avoid stress involve sitting in front of the television and doing nothing the second I get home from work every day. I avoid socializing because I'm so worn out from work and the constant worry that I have on my mind due to my depressed state. Over time, my capacity to endure stress weakens. Like a muscle that is not being used, my capacity to deal with people and find deep energy reserves within me begins to diminish. Then, when life throws me a very difficult situation, (such as the death of a loved one or sudden unemployment) I have a true mental breakdown because my capacity to endure stress is now smaller than the level of stress that my life is requiring of me.

Let's consider how this situation could have gone differently if I had consistently reached for a deeper level of emotional engagement and willpower with oscillation. Some nights I would have come home and pushed myself to exercise instead of watch television. I would sleep more deeply and soundly because of my exercise. Some nights, I would have come home and felt like watching TV. Instead of giving in, I would push myself to call a friend and strengthen a relationship with a friend or family member instead of watching TV. Because of the increased social support, my mind would be less taxed with worries. Because of my efforts to push myself physically on some nights, my relaxation on other nights would become more effective (more deeply relaxing and recuperative).

My relaxation phase of the oscillation cycle would be deeper and more effective because I experienced it as a deeper contrast to the days when I was pushing myself to new limits beyond my comfort zone.

At first, this effect will be small. But it builds momentum with time as your capacity to truly and deeply relax becomes more satisfying relative to the degree of stress that you are exposing yourself to in other situations. Your ability to find deep reserves of energy for the stress portion of the oscillation increases.

Unleashing Oscillation to Claim Your Man

Now let's talk about how you are going to apply this idea to the world of dating. As you know, the odds are against you. Finding a guy you really like is hard enough. Finding a guy who really likes you back is even more difficult. But it is worth it and it will happen with the proper methods. Don't settle for someone that treats you fairly well. Don't settle for someone you sort of like. With over three and a half billion men in the world, a person that is just right for you is definitely out there.

There are several variables we want to manipulate in your favor. Here they are.

1. The frequency of opportunities to meet new men
2. The number of men you interact with on a surface level
3. The number of men who see you and are impressed with you
4. The number of men who know you are available and looking
5. The number of recurring interactions with men that share one or more interests in common with you.
6. The confidence you feel about yourself when actively learning about men who pass the first level of interest.
7. The value you place on your time.

Okay, let's go through each of these quickly and zero-in on the most critical reasons and action steps for each one. And remember, these are just my ideas to get you started. You know yourself and your situation best. You will come up with even better ideas for applying the principle of oscillation to your own particular circumstances. These examples just happen to apply to a lot of the women I have consulted with.

1. The frequency of opportunities to meet new men

This one is kind of obvious. But in practice, this basic premise for success with meeting men is often a sticking point that causes women to fail before they've even gotten started. It's inconvenient to go out frequently. It can wear you down emotionally. It requires a higher level of energy to interact with people when you're trying to impress them.

This is where oscillation comes in. Start out by stretching your frequency of pursuing opportunities to meet new men. Start small. Just do a little more than you have been in recent weeks. Remember to oscillate. Really push yourself for short periods of time, then completely take the pressure off yourself and relax for a few days or weekends. You'll be amazed at how quickly you accommodate to the stress of seeking out and also attending social events of various kinds.

Many women are surprised to find that finding out about social opportunities and expressing interest in them is the most awkward and difficult part. In other words, getting invited is often the trickiest part. I want you to train yourself to get

better at it on purpose. Don't wimp out just because it's hard. You are worth it, and your relationship (that you could have for the rest of your life) is worth it.

Here's an example of how you could apply oscillation in this situation. You set a goal of four phone calls on Saturday to see which of your friends might be going out. You call seven people on Sunday to invite them to a bonfire at your grandparent's farm. Yes, this means you might feel uncomfortable or nervous that only one person will show up. You'll get used to it and learn how to manage those situations when you allow yourself to face that sort of problem.

The next weekend you don't push yourself at all. The weekend after that you aim for five phone calls on Saturday, one to someone you don't know that well (stretching your comfort zone just a little). On Sunday you research two community events posted online (to attend in the next week or two with a friend or by yourself).

2. The number of men you interact with on a surface level

For many women, showing up at a social event or other venue for meeting people is the easy part. Many people struggle with the discomfort that comes from asserting themselves to initiate interactions with men. I have specifically designed instruction materials available on my website, Belrresistible.com, for the purpose of enhancing your skills with the subtle art of inviting attention from men. For now, focus on applying whatever skills you currently have by oscillating. In this situation oscillation will mean ten or fifteen minutes of purposefully pushing yourself outside your comfort zone followed by 20 minutes of allowing yourself to retreat to your more introverted ways.

3. The number of men who see you and are impressed with you

This one can take on many different forms. The emphasis here is on the word "impressed." This particular variable changes from one woman to another. For you it may mean pushing yourself to a new height in physical fitness. If you are a beautiful woman with a particularly self-conscious feeling about showing off your attractive feminine features, this one may mean practice with moving outside your comfort zone in terms of a more revealing choice from your wardrobe (or your friend's closet if you're really bad off).

If you are particularly shy, this variable may require that you leave your comfort zone to talk more when you are around men. How will they be impressed with your intellect or witty sense of humor if you keep it to yourself? Think about what you know about yourself. Think about what your friends have told you when reflecting on your personality traits or style of interacting with others. What could you work on using oscillation to increase the number of men who get the chance to be impressed by you?

4. The number of men who know you are available and looking

This one is pretty straightforward. It either is or is not a problem for you. How do you know? It's simple. If you are embarrassed to ask your friends to set you up, you need to work on this one. If it's some kind of secret that you won't discuss with your extended family members, you need to work on this one.

If you're looking for a good quality man, one of the deepest reservoirs is the concept of six degrees of connection. The idea is that every person in the world knows someone who knows you if we go six connections deep. The closer someone is to you as a friend, the more likely they are to do a good prescreening and save you time when setting you up on a date. Get over your fear of asking your friends and family to help you with the most important part of your life.

5. The number of recurring interactions with men that share one or more interests in common with you.

Here's the idea with this one. It's easier to strike up a conversation with someone when you share something in common with them. For example, it's more natural and far less forced to strike up a conversation with a man who shares your love for a particular breed of dog at a dog show. If you are into rock climbing, excuses for repeated interaction come more easily when you meet a guy at a local rock climbing wall. It's not just that it's easy to strike up conversations and interactions though. These are also people who you are more likely to want to partner with in life

because they share some of your traits, characteristics, or interests.

Also, if they turn out to be a dud, you have had the opportunity to realize that in a natural setting before any kind of commitment was made. You don't have to break up with someone when you never started going out in the first place.

If you really enjoy literature, an ideal opportunity to repeatedly interact with men who share that interest might be a once per week evening course on writing at a local college offering classes to adults in the community. When you interact with people repeatedly, it creates the natural conditions under which people find themselves falling in love. You're far more likely to feel a connection with someone you have met and interacted with on numerous occasions stretched out over a period of time. Same goes for him.

6. The confidence you feel about yourself when actively learning about men who pass the first level of interest.

So you're at this social gathering and there are two men who've caught your eye. Neither of them is wearing a wedding band, nor a hot chick on their arm. Both are wearing pleasant smiles and pleasing jaw lines. Is this where you freeze? When the stakes are high because everything seems just right, some people find their anxiety going through the roof. You end up acting strange and not really being yourself. If you really want to get to know these guys and find out if they're worth your time, you're going to have to get comfortable with engaging deliberately to reel them in.

Remember, this doesn't have to be so hard when you use oscillation. With the principles of oscillation you can push yourself outside your comfort zone for just a short time to develop your confidence over time. All it takes is two or three minutes of pushing yourself to be more assertive and outgoing in your attempts to get to know people. Do this repeatedly with oscillation and you find that your confidence goes up... way up! It happens naturally because, at its core, confidence is just a feeling of knowing what to expect. When you've done it hundreds of times you're confident in the range of outcomes you're likely to encounter, and you are used all of those outcomes. They no longer make you nervous. You have built up your skills and also some calluses that will serve you well.

7. The value you place on your time.

It took a long time before I finally realized how important this last variable is. I think women are just more caring and committed to the idea of a good relationship. As a dating coach I have found it fascinating (in a painful way) how difficult it is for women to cut a loser loose. I don't use the term "loser" flippantly. I don't mean someone who doesn't have a lot going for him. I'm talking about people who don't treat you well and who are clearly not interested in joining you to make the relationship the most beautiful it can be.

If every relationship you get into becomes a long, drawn-out, painful experience before it finally crumbles, you are slowing down your progress to a pace that will cripple your success in finding the man who is out there looking for you. Valuing your time means setting boundaries. Here's where oscillation comes in. Setting boundaries is something you do repeatedly. It's not something that you do once in a relationship. You don't have a talk with a guy once and then sit back to admire your work for the rest of the relationship. In real life, people change slowly once they have developed a bad habit in the way they treat you.

Start by setting small boundaries in the form of requests. Then move to "if...then" boundaries. For example, "If you don't call me or text me for three days in a row...then you can expect me to demand an explanation before I continue interacting with you."

Oscillate towards standing up for (1) yourself, and (2) the standards you hold for a good relationship. You'll be surprised how often he reacts by either leaving or rising to the challenge and showing what he really has to offer. Either way, you win. As you develop your confidence and skills for setting boundaries and standards in relationships (and sticking to them) you will eventually move to a point where you are comfortable letting guys go quickly when they prove to be unworthy of your time. I hope this brief report was useful. I know there are a lot of questions that will arise in your mind as you contemplate the application of these concepts in your real-life situation. If you'd like to learn more about educational materials I have created for women learning how men tick, check out this [free presentation](#).

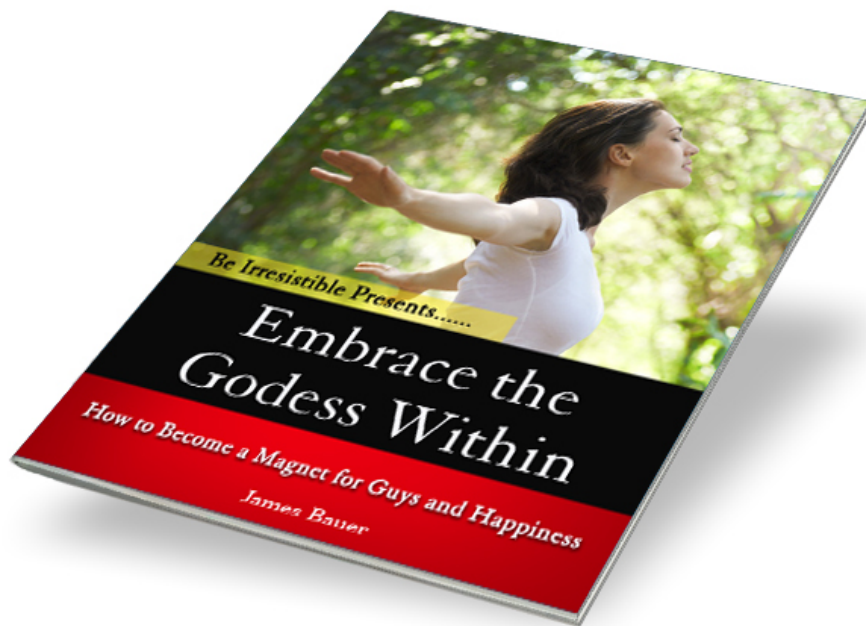
Wishing you the best in love and life,

James Bauer

Focus Points:

1. When you merely look for ways to avoid stress, your capacity to endure stress diminishes over time.
 2. Meeting the man of your dreams will mean a lot of time in social situations where action is needed. Feeling confident and relaxed in those situations will only come from willingness to endure short episodes of increased stress until your mind adjusts to the new level of effort you put into play in your social assertiveness.
 3. Decide to live a life that involves massive commitment to your dreams. Don't "sort of" go after a great relationship. Commit to massive action!
 4. Learn as much as you can about dating and relationships, check out this [great presentation](#).
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“What If You **KNEW** What Men Secretly Wanted (But They Could *Never* Tell You)?”



Can You Share this Report? - YES, this report was written for everyone, you are perfectly welcome to share it. Feel free to post it online, add it to your blog, or email it to your friends. My only request is that you don't change it.

Embrace the Goddess Within

What It Is and Why It Works

In this brief report I will open your mind to a new possibility. You will be exposed to a single unifying concept that has the power to dramatically enhance your love life while simultaneously increasing your happiness.

Here's the thing. Your dating life will go better when you think of yourself as a goddess with immeasurable value, desirability, beauty, and worth. The main reason is quite simple. The men you want to end up with already think of women like they are some sort of goddess. They think of women as fantastic sources of joy and beauty. They think of women as a scarce commodity of high-value. When you fully embrace your own self-worth, you will naturally act and live in a way that attracts men who think of you as a goddess.

Happiness

Believe it or not, happiness is one of the most difficult research topics for scientists to study. It's difficult to measure. There are many different ways of asking whether a person is happy or satisfied with their life. Some happiness researchers have used pictures of smiley faces on a gradient from a frown to a neutral face, and all way up to a big grin. Research subjects are asked to circle the one face that comes closest to representing the way they generally feel.

I personally know a psychologist who studied with a university researcher who developed a system for measuring people's quality of life. It's a tricky business, because a person's focus at any given moment has a huge effect on how they rate their own happiness.

For example, you might be surprised to learn that college students stopped by researchers for a survey on a rainy day rated their expectations for enjoying the rest of their life much lower than college students who were stopped to answer the same survey on sunny days. In other words, the weather influenced people's moods. It would be one thing if they had rated their current level of happiness lower, but these students actually expected the rest of their lives to be less enjoyable when they were asked to predict their future happiness on a rainy day.

Here's another curiosity. When you ask about a specific area of a person's quality of life (like their relationships, their job, their finances, etc.), their global rating of their own personal happiness changes dramatically depending on their satisfaction with the aspect of their life situation you just asked them about. Here's the point. What you focus on changes how you feel. We're going to come back to that concept later in this report and use it to your advantage.

Making the Shift

You are you. Nothing can change that. What can change is the way you use your mind. Embracing your inner goddess and self-worth happens when you change your beliefs and mindset (and then get into the habit of keeping the right mindset). The easiest way to change the way you think is to change what you focus on.

Right at this moment there are hundreds if not thousands of sensations, perceptions, and thoughts in your experience that you are not paying attention to. For example, you're probably sitting down right now, yet you did not notice the sensation of pressure between your body and the seat until I drew your attention to it with this sentence. Your mind was registering the temperature of the air around you on some level, but your conscious mind was not focused on it until you read this sentence. You probably remember what a cow looks like, but you did not have an image of a cow floating in your mind until I mentioned a cow.

Our conscious mind is like a flashlight shining around in a large storage closet. Your attention is like the beam of the flashlight. Wherever you focus the beam of your attention, the things stored in the recesses of your memory or current

experience, or even your imagination, come to life and influence your experience.

Want to feel more confident? It's one of the requirements for unleashing the Goddess within. How do you do it? It's simple. Take control of where you focus the flashlight of your conscious attention. Yeah, but how do you do that? Controlling the focus of your mind is quite difficult. But I have a secret method that makes it easy.

The easiest way to control the focus of your mind is to control the questions you ask yourself. For example, if I ask you to name five things you are grateful for, your mind begins to rove over various possible answers. You will accept some of the possibilities your mind comes up with, and you will reject others as being nice but not good enough to be in your list of five things you are grateful for. In the process of answering that question, your feelings of gratitude will increase (because of the things you are focusing on automatically as your mind tries to answer the question you have set before it).

This is good. This is something I want you to do more of every day from this day forward. Build the habit into your day. For example, don't start your car engine until you pause for 30 seconds to list five things you are grateful for. As soon as your feet hit the floor in the morning, don't stand up until you have thought of three things you can look forward to during the day.

What happens when you ask yourself a question like, "Why am I feeling depressed today?" Naturally, your mind goes roving through the various reasons why you might feel depressed. What kind of list is your mind likely to come up with? That's right, a list of all the worst things happening in your life right now. The list may even contain fears about possible future events that may or may not ever come into fruition. In short, your focus will flood your mind with thoughts and mental experiences (imagined in the mind's eye) that make you feel even more depressed than you did before you asked the question.

If you change just one thing about your life, change the questions you ask yourself on a habitual basis. Do this and you will unleash a level of self-mastery and self-control that few people in the history of mankind have ever been able to achieve. You will do so with far less effort than many other people who have attempted to use willpower alone to control the focus of their mind.

Summary So Far

You become more attractive to men when you embrace the goddess within. You embrace the goddess within by encouraging your thoughts to go in certain directions. Those directions include happiness, confidence, high self-value, expecting the best, and believing in your ability to positively influence those around you. The best method ever discovered for controlling the direction and focus of your thoughts comes down to repeatedly asking the right kinds of questions.

If you want to feel confident, you start each day asking yourself questions like, "What are two memories I have of times when I felt very confident," or, "What do I do really well?" If you want to feel happy, you ask yourself questions like, "What would I be focused on right now if I was just planning on enjoying this day to the fullest," or, "What are three things I have to look forward to in my daily routine?"

In the next section we will explore the concept of embracing the goddess within with a little more detail to get your mind rolling through the possible ways to embrace a more fulfilling way of life. This "way of life" is really a "way of thinking," that ends up creating real, measurable, and tangible improvements in your life.

Things Goddesses Do

How do you start acting and thinking like a goddess with extremely high self-worth and radiant beauty that exudes through your entire body, personality, and attitude? I just told you! You focus on asking the right questions. So here's

the question you're supposed to ask a lot from now on: "What would I be thinking and how would I be acting right now if I truly was a goddess of infinite value, beauty, and worth?"

Allow me to prime the pump by giving you some suggested answers. The more frequently you ask yourself the question about how a goddess would be thinking and acting, the more easily your mind will begin to supply you with useful answers. To get you started, I'm going to suggest a few answers. What does a goddess do?

1. She smiles...a lot! She smiles at men. She smiles at her friends. She laughs a lot. She enjoys jokes, funny moments, and new exciting opportunities. It's often overwhelming to a man when he considers approaching a woman who gives a sly smile or that familiar "come hither" look. A friendly smile with direct eye contact from a woman who is clearly open to interaction is far more likely to lead to his approach.

2. She dresses and grooms herself in a way that allows for true beauty to shine every single day. Be radiant. Don't even go out to the grocery store in your sweatpants. Your attitude toward yourself is just as important as anything else. Dress nicely. Budget carefully to ensure you have funds for investing in quality clothes that fit you well and make you feel great.

3. She identifies with "success." She's not bashful about being approached by a very attractive man. She is not surprised by a promotion at work. She expects these things and she does not wait until they happen before adopting a happy attitude about their occurrence. When you believe you are a goddess, you attract good fortune into your life by identifying with the thoughts, mentalities, and activities common to successful people.

Rather than waiting for good things to happen before becoming happy, a goddess embraces happiness first. Then circumstances unfold naturally to support that happiness. This is the way of things with the goddess mindset. Having trouble making this jump? Think questions. Like this one. "What are two wonderful possibilities that I could embrace as my own as I adjust to my new life of increased confidence and self-worth?" Don't force anything. Just let the answers form in your mind as you maintain an open mindset and an attitude of grateful, positive expectation.

4. She puts effort into feeling good and maintaining healthy levels of energy. This means she gives herself ample time to sleep deeply. It means she exercises to maintain high energy and good health. Women who are energetic exude a kind of health that is a significant turn-on to men. Maintaining high energy means setting boundaries with draining friends and limiting exposure to things like fashion magazines that create unrealistic expectations for life and appearance. Instead, the woman who has embraced the goddess within spends that time reading inspirational stories, or meditating, or exercising.

5. She meets her own needs first. A goddess wants to give freely to the men in her life. She considers herself a spring of joy in a man's life. To succeed in that intention, she is careful not to subvert her own needs to those of the men in her life. She knows she is of high worth, so if a man does not respect her or build her up or fulfill her through his company, she has no hesitancy or negative feelings about turning her energy and attention elsewhere. She does not live in the mentality of fear about losing relationships. She seeks fulfillment in relationships and trusts that that fulfillment will come easily so long as she remains open to pursuing it.

How does she think?

1. She always expects the best. Opportunities are exciting to her because she embraces them with the positive expectation that comes with the lucky mindset. A lucky mindset embraces the idea that you don't have to control life all the time in order for good things to happen. Simply by keeping your eyes open and maintaining a willing mindset, you will notice things all around you that present opportunities for interacting with men of high caliber, or doing something really fun that enhances your enjoyment of life.

2. She walks towards what she does want in life rather than walking away from what she doesn't want. While the difference between these two mentalities may be subtle, it is also profound. We are all walking towards pleasure and

away from pain. The difference is that some people are focused on the things they want to go toward, while others (while walking in the same direction) are looking fearfully behind them at the things they want to escape from. As you embrace the goddess within, look toward the things you do want in your life. For example, pursuing wealth and avoiding bankruptcy are at opposite extremes of the same continuum. The goddess asks herself questions like, "How can I enhance my wealth and financial well-being with my actions and decisions today?" This is in stark contrast to the question, "How can I avoid going bankrupt in this difficult situation?"

3. Most important of all, a goddess acts and thinks as if she already is a goddess. She fully embraces her own self-worth here and now. This is her secret. It's not that she has a perfect body or perfect life or perfect radiant love flowing from her at all times. Rather, the practical reality of how she benefits from this mindset stems from the decision to act and think as if she already is a goddess of fantastic qualities and immense value to others. If you're ever stuck, simply ask yourself this question, "How would a goddess who has fully embraced love, life, sexuality, beauty, and goodness embrace and transform this problem, situation, or opportunity?" Often, women become stymied by fear. As soon as fear enters the equation you have slipped. Embracing the goddess within means you leave a fear-driven life behind.

Build Your Palace

Men will flock to you when you live your life in a state of joyful exploration. This is a natural benefit that emerges as you embrace the goddess within. For example, let's say you highly value kindness. Your unique version of embracing the goddess within will mean exuding kindness. If your unique version of expressing the inner goddess means you exude kindness, guess who you will attract? You will attract men who see that kindness in you because you where it on the surface. Men who are attracted to kindness are typically men who value kindness themselves. You will end up attracting the kind of men who are best suited to your true desires and highest values. This is the beauty of allowing that which is within to be fully expressed.

How will you make these changes a reality in your real life? Allow me to suggest you take this process seriously. Of all the things happiness researchers have studied, one thing emerges as a clear predictor. Can you guess what it is? It is satisfying relationships. If relationships really do matter to you, then take this process seriously. Invest in yourself by creating a blueprint for the new palace of your life. Doing so requires only a few simple steps.

1. Create artificial reminder systems to get yourself in the habit of asking the right questions on a daily basis. This can be something as simple as a sticky note on your bathroom mirror. I suggest you do a combination of notes to yourself around the house and notations in your calendar on a regular basis (whether electronic or physical).

2. Plan at least one self evaluation "retreat" per week. This could consist of a brisk walk or a trip to an ice cream shop. The key is spending the 30 minutes on self-evaluation regarding your attempts to embrace the goddess mindset. Review what you could have done better during the past week. Project your mind into that coming week and mentally rehearse actions and mentalities you will bring to bear on various life situations you anticipate.

3. Invest in ongoing personal development. Make a list of the things that are most important to you in life. Take some time right now to ensure that your daily life actions are actually moving you forward, toward the things that matter most in your life.

If this brief report was helpful to you, you may benefit from some of the other personal development materials I have created for you. As a dating coach for women, I focus on empowering women to attract the right kind of man into their life. I have identified one factor in particular that has immense transformative power when women embrace it and learn about it. I call it the respect principle. If you are currently in a relationship with a man, or want to be soon, I invite you to watch the free presentation I have recorded for the web on [the respect principle](#) and how to use it to bridge the gap between men and women.

You can watch the video by [clicking here](#).

Wishing you the best in life and love,

James Bauer

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