

A man and a woman are shown in a close embrace. The man, on the left, has a beard and is wearing a black shirt. The woman, on the right, has long brown hair and is wearing a red, off-the-shoulder, long-sleeved top with a shimmering texture. Her hands are resting on the man's chest. The background is dark, and the lighting is dramatic, highlighting their profiles and the texture of the woman's top.

# HOW TO GET A MAN TO LOVE YOU

THE INCREDIBLE 7 STEP GUIDE

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## *The Incredible 7 Step Guide to Everlasting Love*

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# Introduction

The game of love is a tricky one.

It's not without many ups and downs and trial and error. There's heartbreak, misunderstandings and loneliness when your relationship isn't going as well as you'd like, as he'd like or as you had hoped.

Thanks to Hollywood and romance novels, we are led to believe that the right relationship should lead to "happily ever after," but life isn't so perfect. Relationships don't always persevere without constant work and self-growth.

Some of you reading may be single; others may already be in a relationship. Perhaps you're even married, but your relationship has gone on a tangent that is far from the happy, loving relationship that you once had, or wished you had.

When things aren't going right, it's easy to feel hopeless, but listen up \_ there's hope.

This guide will show you the way. The game of love can be vicious, so why not get ahead of the hunt and get him to chase you instead?

**Before reading on**, make sure you watch the following video and discover how love works for men and why men sometimes lose interest in someone they once loved.

*It's important you watch this video* as love works very differently for men and women. This understanding and appreciation of what a man truly cherishes will help you to become the woman that he can't help but see as "the one" who truly understands him.

**Important Video: Why Men Pull Away** [Click here](#)

After watching the short video linked above, keep reading to see if any of the following ring true for you:

- You are an expert at a perfect first date, but by the third date, he never calls again.
- You love being in a relationship with your partner but wonder what his feelings are for you and if they are at the same level of intensity as your feelings for him.
- You're an expert at decoding a man's mixed signals but are tired of the chase.
- You're the last one in your social circle to settle into a loving relationship, and you want nothing more than to be married with children.

- You are married, but your relationship has gone stale and cold. You want to reignite the flame between the two of you.
- You want to turn your office crush into an office romance.
- You and your boyfriend/fiancé have a hard time communicating. Sometimes, you feel as if you're speaking to a brick wall.
- Where can you find a man you have something in common with, and who will love you for who you are? Every time you go out, it seems like you're meeting the same guys over and over again, and dead ends seem to be everywhere.
- Your ex-boyfriend, who you were positive was "the one," passed you up for someone else. Back then, it was hard to understand, and it's hard to understand now.

Despite how you may feel about meeting the right man and getting him to love you, the fact is there is a game involved in the courtship process.

It doesn't matter if you're single, recently divorced or in a committed, meaningful relationship. Men don't think, react or respond to the same body language cues that you do. They don't operate the same way.

What might have you falling in love with him won't necessarily be reciprocated. A man isn't difficult to understand but must be treated differently in a relationship. Men don't need to be manipulated; they need to be understood and supported.

Consider this book your guide to understanding, supporting and being his friend, lover and so much more than he ever expected (but didn't know he could have until now!). There are seven steps that will sink, line and hook your man \_ whether you've already met him or haven't yet.

It doesn't matter what your past relationships have dictated, and it doesn't matter whether you have been dumped on one or more occasions for "something better." After reading this book, you'll be the "something better" he's been searching for his whole life.

Sound good? Are you ready to make him fall in love with you and have a fulfilling love life, sex life and partnership that will stand the test of time? Then get ready because everything you need to know is all here. But please note that each step will take some time, patience and understanding.

You'll get there and as a result, have the relationship with the man of your dreams you've always wanted (but perhaps never thought you could have). Read this book carefully because it contains a comprehensive guide to all that you need to know about men and what not to do.

Each tip, strategy and explanation about men will help you enhance what you've got, how to work it, and how to make him feel like the king in your life.

When you apply these tactics to your life and relationship, you'll never go back to the conscious (or subconscious) mistakes you've made in the past. Ready?

The **First Step** is an important one: learn how to communicate with him in a language he can interpret, understand and respond to lovingly. Learn how to eliminate "mixed signals," read his body language and develop a knack for giving him the space to be independent while you do the same.

The **Second Step** applies to single women of any age, as well as other women transitioning into a relationship. Learn from past mistakes; don't change who you are after getting into a relationship with the man of your dreams.

Learn to be who you are (inside and outside of the relationship), and develop a strong sense of self and self-respect throughout your relationship.

Men don't fall out of love or lust randomly. They simply respond to your behavior, so be consistent with whom you are. If he fell for you in the beginning, learn how to sustain and fuel that passion.

The **Third Step** is crucial for everlasting love and to keep his love for you burning for years to come: Sex. It's as simple as that.

Don't settle for a "good enough" sex life, but instead go for a mind-blowing, red-hot, sizzling sex life. You'll learn how to get a man to fall insanely in love with you.

The **Fourth Step** is all about forming a bond with his friends and family \_ the crucial elements of support in his life.

The bottom line is if they don't like you, you're out. If they fall in love with you after your first meeting, he's likely to, as well. This guide explains what to look for and how to develop opportunities to bond with his social circle.

The **Fifth Step** is the upkeep of your relationship now that you have it. The strategy outlined here will be a "point of no return," chocked full of keeping the passion burning like a midnight train. It will stop him from a roving eye \_ once and for all!

The **Sixth Step** is working with an emotionally timid man. You don't want to get your heart broken, but he may be more scared than you to get hurt, to be rejected or to not live up to expectations.

This step will show you how to create the loving, safe, trusting space for him to open up. When that happens, he'll be hooked on you, for good.

The **Seventh Step** is the last one, but by no means does the work end here. Learn how to ease into the big transition of girlfriend to fiancé.

Get the happily ever after you deserve, and follow these steps to relationship success, straight to his heart and consequently, into the best love life you've ever had.

## Step One – Speaking *His* Language

If you've found "the one," but you don't know how he feels about you, it's as simple as this (so pay attention): Men don't sugarcoat their feelings. They say what they mean, and they mean what they say.

The beginning stages of a relationship are often where the confusion sets in for many women. You may try to decode this behavior when there is not much to decode at all.

Why?

Because unlike most women, men act, speak and behave from a different place \_ a place of immediate needs and desires. On a first date, they're not thinking about their life a year from now or what their dream wedding includes. They are thinking: "Am I turned on or turned off?"

So, what's your love interest telling you, in so many words?

Is he avoiding your phone calls, ignoring your texts or disappearing for periods of time? Or is he going to uncharted lengths to see you as often as he can? Avoid the cat-and-mouse dating game. You don't deserve to be with someone who's acting loving one day and cold the next.

What you do deserve is getting leaps and bounds ahead of the communication puzzle and knowing what he's saying when he's not saying a thing. Here are some tips on deciphering what and how he feels about you and how to communicate with them \_ not against them, once and for all.

### **When He's Hot for You, You'll Know It**

Men don't always know when to make a move on a woman they like, but when they really like her, they will find a way to let her know.

It may not always be the right time to lean in for that kiss, to wrap his arm around her or to reach for her hand, but the reality is men don't like to waste time. They want to come forward, create an opportunity to express how they feel and get physical \_ literally!

Pay attention to physical signs of interest \_ a kiss, a lean in, a romantic gesture, and when that happens, you'll know to decipher an interested man's body language, how to get him wanting you and how to keep him wanting you bad.

## End the Nonstop Nagging

What will make a man zone out emotionally or run for the hills? A woman who nags. Here's the thing about men that you need to understand.

Men, from the time they were 3 years old to the age they are now, do not respect a woman who orders them around, criticizes them and berates them for what they *aren't* doing.

Why? Because men like to feel in control. It may not always make sense, but whether or not you understand it isn't the point. If you don't understand this rule, you may continue jeopardizing the future of your relationships.

You don't have to sit back, oppress your opinions and morph into a passive 1950s girlfriend. What you do need to do is listen and respond to dialogue in a new and improved way.

- **Support his dreams and aspirations.** Contrary to appearances, it's very difficult for a man to open up emotionally. Telling you his dreams, desires and visions comes from a deep place.

If you laugh at his aspiration to open a cereal breakfast bar, consider yourself someone he may never open up to again.

- **Put as much stock into your life, as you do his.** Are you independent and comfortable with whom you are, with or without a relationship? Do you need a man or just want one? There's a difference between being happy with yourself and needing a man to make you happy.

When you're engaged in your own life and make an effort to stay true to yourself, your hobbies, favorite restaurants and weekend events, he'll respect you for it \_ and possibly, love you for it. If he doesn't, tell yourself this: "He's not worth my time."

- **Be positive, enthusiastic and light.** How many happy men do you know who are in a relationship with a cynical, critical woman? Guess what? It doesn't exist. Just as women do, men want to feel wanted.

When you are positive about him, he's more likely to reciprocate that feeling. Keep the direction flowing in a positive, enthusiastic, motivating tone by refraining from talking only about yourself.



Ask him how his day went. What happened during his meeting with his boss? Staying engaged in the details of his life will help form a bond that will get him hooked on treating you as a confidant. (Tips to become his friend and lover to be addressed further in this guide.)

- **Give him the opportunity to reveal who he is without scorning him along the way.** A date can quickly turn into a fifth, sixth or 100<sup>th</sup> date by applying this easy rule to your dating regime: allow him to simply be *as he is*.

Don't try to change him. Don't arrogantly think you can fix him. Don't assume you can teach an old dog new tricks. When he shows you who he is, pay attention!

If you love to workout five times a week and he loves to watch ESPN every day of the week, do not try to change his routine to please yours. Accepting this early on can improve your entire outlook on your relationship for the future.

## **Body Language \_ The Bonus Communicator!**

Body language varies between the genders. The good news is that you don't have to rely on decoding his words and whether they match his actions to determine whether he's falling in love with you or not.

You have a valuable tool at your disposal \_ his body language. Read his actions to discover much more about him than he could ever realize you know:

- **Eye contact or no eye contact?** Pay attention to "Mr. Right" when talking to him face-to-face. Is he totally focused and hanging on your every word or is he darting his eyes? When he's the wrong guy, he can be sneaky and catch a glimpse at every pretty girl walking by in one-second intervals.

If that's what your "Mr. Right" is doing, he's not Mr. Right at all. Your true "Mr. Right" is out there, and when you find him, his eyes should, and will be, totally fixated on yours.

- **Touching your hair and raising his eyebrows.** When a man is in lust and/or in love with you, you'll get clued in by his excuse \_ any excuse \_ to touch you. Is he stroking your hair and ever so gently moving it out of your eyes?

If so, he's falling hard. Keep doing what you're doing, and keep reading to learn just what it takes to keep him falling hard, all by using your intelligence, your good looks and your charm.

- **Reciprocate his smile.** When you're talking to that gorgeous and intelligent coworker tomorrow morning at the office and you repetitively get a smile throughout the conversation, consider that a good sign.

The body language of a smile could be an invitation for a first date, but don't rush it \_ let him make the next move.

- **When he fidgets, beware.** Let's say that you're on a third date with someone you really like. You're connecting. The conversation is flowing, but suddenly, he begins to fidget in his seat. Not good.

Despite your good intentions, a man who squirms is responding to something that perhaps triggered a painful past memory of an ex. Respond quickly and distract him with a new conversation topic.

- **Is he using his hands? If so, you're good to go!** Hand gestures are a powerful body language sign. If he's using his hands constantly throughout your conversation, take it as an enthusiastic cue that you're in the running for being number one in his life.

It doesn't matter whether you barely know him or you've been together for quite some time. Men who use their hands exuberantly and dramatically want to be with you and show it through their hands, lips and eyes.

## **It's All Within You: The Power of the Single, Independent Woman**

Are you happy in a relationship or despite the relationship?

It's an important question to ask, no matter if you're single or waiting for his proposal. If you exude independence, you're telling him way more than you can when discussing your past, what your dreams are or how you envision your future.

Here's the fact of the matter: A man wants to feel needed by you, but he does not want you to be needy. There's a monstrous difference between making him feel wanted and being needy, and this difference has the potential to be a deal breaker versus sealing the deal.

And remember: You are beautiful. You are talented. You are unique. You are intelligent. If he can't fall in love with you for the rare find that you are, so be it. You deserve only the best.

But, if he is worth it and he's your perfect match, it's important to represent yourself in the best light. That means showing off your unique attributes that make you the best thing he's ever come across and ever will. Show him that you live an independent, self-assured life with or without him \_ no desperation included.

Consider Amy. Amy has an awesome group of tight-knit friends. When she's single and in between relationships, she and her friends are inseparable. Together, they are fun, loyal and full of life.

Amy exercises regularly, is an avid snowboarder and kayaker, and salsa dances at her favorite club every Friday night. But when she starts dating a guy, the rest of her life stops, and shortly after the rest of her life stops, she depends on her boyfriend to fulfill her happiness.

How long do you think her boyfriend sticks around before heading off to greener pastures? Three dates, three months, maybe a year?

You're not far off. Her average relationship lasts three months, and when it ends, she apologizes to her friends for disappearing in her latest relationship, starts up salsa dancing again, and realizes to what pattern she has succumbed.

Bummer.

She could have spent that time merging her life and his together in a way that worked for both of them, but instead, she let go of her independence as if it was a fleeting memory.

Don't make the same mistake as Amy. Cling to your independence wholly and furiously. As a result, he'll respect you for it, and if he's worth being in a relationship with, he'll love you for it.

## Step Two – From Single to Committed

Is your goal to get out of the dating game and into the relationship phase, entering into a meaningful, passionate, fulfilling love affair that's here to stay?

Go from single to committed with one key play: Show him who you are (without apology) and keep true to yourself for the very reasons he fell in love with you in the first place.

Do you want to know one of the biggest reason men leave a relationship and move on to the next? It's because his girlfriend wasn't upfront about who she really was and what she really wanted from him, and thus, changed the rules of the game halfway through it.

No one likes surprises in a relationship, or at least, not ones that will make you think: "Oh, so that's what you're about?"

Just as much as you wouldn't want him to grow a goatee if you made it clear you can't stand facial hair, he doesn't want to be abruptly surprised by you cutting your long locks into a pixie cut after he made it clear he can't stand that style \_ and you agreed.

Here's how to stay true to yourself in a relationship, so that from day one, he can begin falling in love with you and stay there:

- **How honest is too honest?** Honestly, honesty is crucial. It, along with trust, is the foundation of a long-lasting relationship. But how much is too much? Make this your rule of thumb \_ any information that can be misconstrued as slutty or prudish is a no-go.

Stay clear of past relationships, funny stories of your ex and tales of your co-dependent mother. In general, during the courtship process, be mindful of conversation topics until you know what will rub him the wrong way.

- **Be mindful of the booty call.** If he's into who you really are, you won't be a midnight, drunken booty call. He'll introduce you to his friends and family, and he'll eagerly be introduced to yours. He'll show up in daylight with you, without hesitation.

But, if you go from his date to booty call, beware. There's a thing called the platonic friend zone, and if you want a serious and meaningful relationship with him, you don't want to go there.

And once you're there, unfortunately, you'll always be there. It's extremely hard for him to think of you as a quick romp in the sack to a girlfriend he respects and loves.

To avoid these unpleasant situations, respect yourself, set your boundaries for what you will and won't tolerate and show him who you are outside of the bedroom. Knowing you will help form a passionate relationship with him inside the bedroom, too.

- **See yourself as you are right now, and don't make excuses.** Studies show that couples that stay true to their convictions have a clear perception of who they are as individuals and are more likely to have an exciting sex life and meaningful relationship.

Don't apologize for your passion for feeding the homeless or painting murals in your spare time. These are the things that will set you apart from everyone else and rightly so.

- **Love yourself unconditionally, with or without a man by your side.** He'll love you as you are, and when you stick to your guns about your personal boundaries, and non-negotiables, he'll love you even more.

Do you like your alone time? Do you love to ski? Don't ditch whom you are and what you love to do as soon as "Mr. Right" comes along. Instead, include him in your plans, and he'll have instant respect for you.

## **Supporting His Dreams as If They Are Your Own**

You've met him, and now you want to keep him. How do you keep him emotionally engaged better than by diving headfirst with an unmatched interest, passion and enthusiasm for his dreams, goals and aspirations?

Your enthusiasm will set you miles apart from past women who haven't actively played a role in his life goals.

It doesn't matter how small or big his goals are. That's not the point. It doesn't matter if he wants to open his own Brazilian fusion restaurant or open up a batting cage business.

The important thing to remember is it's not about you. It's about him and what matters to him to make a meaningful life.

- **When he talks about his goals, transition yourself from lover to friend.**  
When you're in the bedroom, unleash your inner sex kitten. When he's revealing his lifelong dream to travel to Bali, be his best friend.

He wants you to listen, support him and be on his team. Show him that you not only like his idea to be the next senator, you'll vote for him too!

- **Ask him how you can best support his dreams.** Sometimes it's confusing to know how you can best support him. Does he want your opinion, advice or just to be a sounding board for his upcoming pitch to HBO?

Don't misread his signs. To be on the safe side, ask him how you can best support his goals. Is it by helping him keep a monthly goal list and stay committed to accomplishing them? Or is it just by offering encouragement along the way?

- **Help keep him on track!** Show him you're not just his girlfriend \_ you're his cheerleader and biggest fan!

One of the hardest things about accomplishing dreams is having the patience to see them grow into something real. He might give up when he's halfway there, so take the cheerleader role and don't let him!

When you begin showing him you're in this through thick and thin, despite whatever success or failures he endures along the way, he'll begin falling for you...hard.

Why? Because every other woman in his life bailed when he erred, and you're not one of them. You're different. You're special, and when you support his dreams, you're showing him just that.

You have what it takes for someone to fall in love with you. You're successful, independent and attractive.

Who would pass that up? The trick is showing him who you are with ease, caution and respect. Once you do, you'll quickly transition from his Miss Maybe to his Mrs. Right.

## **How to Talk to Men**

Check out the video below and discover how to talk to men in such a way that he LOVES talking to you, opening up to you and so that he sees you as a truly desirable catch that he loves forever...

**[Watch This Video](#)**: How to talk to men **[Click here](#)**

## Step Three – The Intimacy Ingredient

If you think a man will be satisfied with a generic, average sex life, you couldn't be more wrong.

Men need sex. They want it, and they want it spicy, spontaneous and exciting. Once you read this chapter, you'll want the same.

### **Don't Make Sex about Commitment**

Some of you, in a relationship or not, make sex a serious, take-the-fun-out-of-it experience. Maybe you've waited until the magical third date to sleep with him or talked your boyfriend to death before taking the plunge in bed.

Whatever your sexual history, most relationships have experienced the stale, fizzled-out fire of your sex life. And when your sex life sputters, doesn't your emotional connection and closeness?

Sex doesn't have to be something that can only happen when the both of you are in the mood. Sometimes, life is about the spontaneous moment, despite sleepiness, chores and other distractions.

Do you want to make him fall in love with you more intensely with each day that passes? Change up your attitude about sex from an intense commitment, to a light, mind-blowing, exhilarating experience he'll be telling his friends about the next day. Guaranteed.

### **Let out Your Inner Aggressor**

You're sweet, caring and think about him nonstop. Now it's time to tame the lamb and get into tiger mode! If you want to reach new levels of intimacy in your relationship, then you need to show him your sexual side.

Show him that you know how to handle yourself in the bedroom, can go with the flow and have a great time. Not sure how to spice it up in the bedroom? Follow these tips to keep him begging for more:

- **Change up when and where sex takes place.** The bedroom is the classic stage for sex, but what will really excite him is moving it into the living room, the kitchen or the balcony.



Surprise him in the morning or go for a late afternoon sex session, and you'll always keep him (and you!) in the mood.

- **Turn yourself on, and make him wince.** What's sexier than a woman who really knows herself, sexually?

Men are visual creatures, so if he's been used to guessing what women love and loathe, show him you're a different breed altogether. Show him what you love and how easily he turns you on!

- **Add some toys between the sheets.** Sex toys are fun, safe and add a surprise element to your usual horizontal mambo session. Go to a sex store and bring home some sensual oils. Dribble chocolate or whipped cream on your body and let his creativity take the lead. It's fun for both and will be a night he won't soon forget!

### **Show him you like to call the shots, especially in the bedroom.**

Ok, so you're a great girlfriend. You don't nag him or criticize him. You know just what to say to make him feel like the king in your life, and you know just how to listen to him, when he spills about his dreams and biggest life aspirations.

Now it's time to give back to you some much needed sexual control. Show him what you like and just what you're dying to do to him.

This doesn't have to be something that you do every time you have sex, but change it up and be the sexy dominatrix that he's been missing in his life!

### **From Making Love to Making Sizzling Sex**

One of the biggest blows to any woman \_ and any man, for that matter \_ is hearing from an ex that your sex life wasn't all that great. What? How could that be?

Don't buy the hype; sometimes comments like that stem from hurt feelings, anger or frustration.

You have what it takes to be the best he's ever had, so beginning today, act like it!

Men will think about the things you say to them, but more than that, they'll think about how you made them feel. Keeping him thinking red-hot thoughts about you and remembering every detail of your sex life together is about turning up the heat.

Throughout your relationship, keep focused on a fun, spontaneous sex life. Don't put too much stock in it \_ sex isn't always about a deep and intense connection with your partner. It can be about the amazing experience of being in the moment and taking it for all its worth. Keep this attitude, and he'll never want to let you go.

## Step Four – Getting “In” With His “In Crowd”

Capturing his heart \_ and keeping it \_ isn't just about sex. It's also about capturing the hearts of those closest in his life. The beginning stages of a relationship are when most women focus solely on him \_ his needs, career, sexual desires and doing what he loves to do.

But think outside of the box, and what do you see? His best buds, overprotective mother and siblings are standing by with one intention: They insist on only the best for him.

If you want to form a bond with your guy so that he'll only have eyes for you, it's time to up the ante, and find opportunities to bond with his family and friends.

Follow the tips outlined here, and he won't be able to let you go. As a result, he'll wonder what took him so long to find you, and rightly so. You're a catch worth catching!

The time has come for you to prove that you're not just good enough for him; you're the best there is.

### If They Fall in Love With You, He Will Too

There is an unwritten rule in the fine art of dating: Make his family and friends see how amazing you are, and you'll form a tight bond with him, indefinitely.

Think about it: It's easier for a man to leave you and the relationship when no one else is invested. If his mother thinks of you like the daughter she never had and his best friend talks about how good you are for him, he's likely to see the good in you...constantly.

You're skilled at your job, so now it's time to approach his family just like you would your most lucrative client. Show him how valuable you are by following these tips:

- **Show interest by asking questions.** What's an immediate deal-breaker? Talking about nothing but yourself. His family doesn't want to hear your life story, as interesting as it may be \_ at least not yet.

They want to enjoy getting to know you, slowly and over time, and they want to learn about you through your actions, not just your words.

Gaining their trust will take time, but luckily, you have plenty of it! Meeting them is all about first impressions that will stick with them long-term.

Show them you're kind, understanding, patient, confident and fascinating by showing them you are interested in them.

Ask your boyfriend's dad how he got those hamburgers so juicy and full of flavor on the grill. Ask his older sister where she bought that gorgeous dress she's wearing.

These are the type of safe questions to ask that will impress them from the moment you meet them to the holidays you'll spend together in harmony, to well, perhaps, forever.

- **Be positive, light and funny.** Meeting his family for the first time doesn't have to be full of awkward silences, blank stares and feeling more like an interview than a casual meet-and-greet.

Handled the right way (and you set the precedent for that), it can be whimsical, fun and a positive experience you'll all remember with fondness. It can also leave feeling as if he finally found the right woman.

The ultimate goal is to show his mom, dad and judgmental sister you are normal. Why? You set the stage for meeting his family, and they will be relieved he's found such a catch.

Laugh at the appropriate times. Offer up a (clean) joke that's universally funny. Mention something unique about yourself they'll find interesting, such as you kayak every Saturday morning, you make your own clothes or you can cook Asian dishes from scratch.

- **Research his past ahead of time.** There was a reason your boyfriend and his ex didn't work out. It's not your job to interrogate him or his family as to why they didn't last. It's your job to set yourself apart from her.

Before meeting his parents, do some research. Was there something that his ex did that drove his parents up the wall? Did she cheat on him, and as a result, they suspect everyone will cheat on him?

Use that as a wonderful opportunity to ever so slyly mention your relationship ethic. In other words, bring up how much you value loyalty and faithfulness in a relationship. You'll get them hooked.

- **Inject the compliments.** You want to appear like the genuine person you are, so don't overdo it on the compliments. But do give them out. You're not obsessed with yourself, but care about others, the world and especially him. When dealing with his parents, consider where they may be coming from.

It could be that after his last breakup, which was hard on all of them, that they are overprotective and weary. That's ok, as long as you realize it's not personal.

They don't have to be as excited about you as you are about meeting them, so all the more reason to find a reason for them to fall in love with you.

If you've been invited to his parents' home, compliment his mother on her exquisite taste. Start a conversation about your shared love for French cooking, and ask her for advice on growing ripe vine tomatoes. Show that you are legitimately interested in what they have to say.

- **Find opportunities for similarities.** Here's your shot to get "in" with his parents, best friend, loyal coworker or sister. As they talk to you, be on the lookout for any and all opportunities of a shared interest. Have they been to Planet Hollywood in Japan, too? Great! Talk about how cheesy the wall décor is, but how you love some cheese in your life.

## **Getting In Good With His Good Friends**

The way to a man's heart is not with food; it's through his friends. Here's what to do and what not to do to seal the deal with his close circle of friends.

## **Switch Up Your Mentality**

Correction: You're not the only girl having beers with your boyfriend and 10 other of his male friends; you're one of them. Meeting his friends for the first time can be seriously intimidating, but it doesn't have to be.

It just requires a different mindset. You aren't going to act the same around his best buds as you did around his family. That's because they are essentially your peers, with a bonus: They have the goods on your man.

Keep the conversation light and fun. This is crucial! Ask (in a playful way) to hear stories of him from his childhood.

No matter what they tell you, everyone will be too busy laughing and reminiscing to judge you or doubt you are anything less than everything he deserves.

### **You're Not Clingy, So Don't Act Like It**

When you're meeting his friends, they want to feel like they have their boy out for some serious guy time. That means they're excited to meet you, but they want him free to talk with, just like any other guys' night out would be.

Because you're confident and secure with yourself, don't reach for his arm anytime it's free. Don't whisper sweet nothings in his ear in front of his friends (this will cause an awkward moment for everyone), and don't tell jokes only your girlfriends would appreciate. This is about his friends, and once you get in good with them, he'll be hooked.

### **Do Your Research**

Your guy's friends don't want to know everything about you. They just want to know how you're going to treat him \_ their best friend that they've seen get burned one too many times.

It's a major turn-off to them if you mix up their names, get drunk, hit on anyone other than your man, and reveal too much about the sexual escapades of your past. Don't be *that* girl.

Instead, be the adorable girl that knows each one of his friends' names before they tell you themselves. Know where they grew up and a funny story or two that during an uncomfortable silence can be replaced with roaring laughter.

### **When You're in With His Family and Friends, You're in With Him**

Ok, so it's not rocket science. When his friends and family have your vote, he will too. Don't be shy about letting them see the real you, and see why your man can't stop talking about you.

Bond with his best friend, his sister, buddies he grew up with and his concerned parents who want nothing but the best for him. When you make the right impression with them, they'll want nothing but the best for you too.

## **Step Five \_ You're in a Committed Relationship and So Is He \_ Now What?**

You've made it. Not only have you found someone you can truly be yourself with, but he's found the same in you. NO playing games. No lies. No being hot for you one day and cold the next.

It's time to enjoy being together with confidence, and keep the passion for each other burning month after month, year after year.

### **Enhance Your Trust for Each Other**

He wants to feel as safe as you do in a relationship, so show him you're trustworthy. That means committing to plans you make without breaking them and keeping in confidence the things he tells you (without letting your girlfriends in on his deepest secrets).

### **Increase the Intimacy (Not Including Sex)**

Intimacy isn't just a sex thing; it's any opportunity that forms a strong connection to each other.

How can you be together without it involving taking off each other's clothes? Whisper why you love him in his ear. Tell him how much he turns you on. Ask him how his day was \_ all in whispers. Believe it or not, this forms a connection just by lowering your voice.

### **Eat a Meal With the TV Turned Off**

A relationship has the potential to turn sour with too much distraction. If you're used to chatting about each other's day \_ everyday with the TV on \_ reconsider. Once in a while is fine, but over time, the distraction of the tube can cause a major disconnection.

Play some relaxing jazz or blues music. Make dinner for him (or make dinner together) while you catch up on each other's day. Fully enjoy the moment of just being together, with the chaos of everything else behind you.

## **Share Religious/Spiritual Values**

When you share something as meaningful and intimate as your spiritual beliefs, the connection and bond formed can, for many, be a point of no return. It doesn't matter if you were both raised Buddhist and Christian.

When you bring forth your shared and different values (praying, meditation, etc.), you will become closer than ever. Share your spiritual side, and this can be a valuable tool when hitting rough patches of your relationship.

## **Practice Active Listening**

Don't just listen to his words. Listen to his body language. Be present while he tells you his frustrations, anger and joys.

Just being there for him as he's discussing his day or his stresses will allow him to feel comfortable, honored and safe in your presence.

## **Don't Underestimate the Power of Love Notes**

Keep the romance burning with weekly love notes. Send him a text message. IM him on Skype, or send him an email telling him how much you love him.

## **Make Lists of Why You Love Each Other (and Share Them)**

Sometimes the best way to keep your love alive is through a visual reminder. Why do you love him? Make a list, read it aloud and have him do the same.

## **Remind Him Why You're a Better Person Because of Him**

Even if he doesn't say it, he wants to know how much he means to you. Some men are too proud to say they need to feel validated by you, and that's ok.

Take the initiative and proactively let him know. It could be by cooking his favorite meal he had growing up or taking him for a fun night out.



## **Forgive as Quickly as You Can, Then Move On**

It's true what they say: Don't go to bed angry. It will only fester, and while it's easier to not deal with problems as they arise, going to bed angry (or going through your entire week angry) can easily become a habit.

Talk about miscommunications as they arise, forgive and apologize when it's due.

## **Step Six – How to Deal With an Emotionally Timid Man**

Although he is totally committed to you and loves you beyond words, that doesn't mean he's not scared of feeling what he does.

In fact, many men have more of a fragile heart than women. He may act as if nothing bothers him, but just remember: It's an illusion. He can hurt badly, and chances are someone has burned him before.

This is why the following tips apply to just about every guy out there. It's vital that you pay attention to everything he reveals to you about his past and how he acts in your present relationship. Not doing so can result in a deterioration of an otherwise picture-perfect relationship.

### **Don't Come on Too Strong**

When it comes to his heart and your relationship, tread lightly. You're crazy about him, but before telling him exactly how much you love him, consider his point of view. You don't to reveal everything \_ and every feeling \_ right away.

He'll be less likely to scare himself out of the relationship if he feels like he has all the time in the world to adjust to his intense feelings for you. Give him time, so that you don't send him running for the door.

### **Be There During Times of Fear**

If he scares easily, just be there. Let him voice his opinion without criticizing him for it, and have faith. If he's the right one for you, he'll work through his feelings of fear and find the ability to stay put and in your loving arms.

### **Be Consistent With Your Words and Actions**

Want him to overcome feelings of anxiety, fear or confusion about the relationship and you? Give him the opportunity to trust his instincts by staying consistent with your words and actions.

Give him a reason to increase the trust he has in you, and the "we" the both of you have worked hard to build. Don't say one thing, and do another. With time, he'll realize that it's ok to be scared from time to time, but in the end, you're worth the risk.

### **Reassure Him You're Not "Out to Get Him"**

It will take time to make him realize that you're not out to break his heart and you're his friend, partner, lover and his everything.

Give him the opportunity to talk to you when it seems like something is on his mind and the safe space to express his fears.

### **Remind Him You're Loyal and Trustworthy**

You only have eyes for him, but men who fear intimacy may need some reminding about this.

So give it to him! Don't flirt with other men. Be available when he needs you at any time. When you show him that you can be the one person he can trust in the world, he'll ease off the fear and into the love, whole-heartedly.

# The Seventh Step – Making the Leap From Girlfriend to Fiancé!

You've made it! Give yourself a pat on the back for the meaningful, passionate relationship you've worked so hard for. Ready for the ring, but he seems like he's waiting until the end of time? Here's how to turn your happily right now into a happily ever after.

## Make Conversations Future-Focused

When the time is right, as in, you've been together exclusively for a significant period of time and you've overcome some difficult times together with experience and skill, turn your conversations from the present to the future.

You'll know when the time is right. He may talk about what an amazing mother you'll be or what style ring is your favorite. Tell him about the incredible honeymoon your coworker just went on with her new husband and wait for his reaction.

When these conversations initiated by him arise, jump on it! Smile. Talk to him about what he envisions for your future and what matters most to him about marriage. Then the ball is in his court, and enjoy the ride!

## Learn His Attitude about Marriage

This should be a no-brainer. How does he feel about marriage and marrying you? How much time does he want to pass before a proposal?

Now, ladies, don't treat this like an interrogation. This should be a casual, breezy conversation in your relationship and not a question-after-question situation.

The key is to keep these questions light. Otherwise, he's going to feel pressured, and no man likes to feel pressured into marriage.

## Become Sensitive about His Fears

It's ok if he has fears about marriage (many people do, especially if they were raised by divorced parents). What's not ok is if he's reluctant to marry you. This truth may be harsh to hear, but there is a difference.

Does he want to marry you when the time is right or remain a bachelor?

If he doesn't want to marry anyone and can be happy forever being in a committed relationship, take some time to decide if you're ok with that. And not just ok, but can handle not being married.

If you're not, have the confidence and self-assurance to know that you belong with someone who is compatible with you in all ways, including beliefs on marriage.

If he wants to marry you but just needs more time before you become "Mr. and Mrs.," give him that time. Honor his feelings, while honoring your own, and if it feels right along the way, then he's worth the wait.

Now that you're here, watch this really insightful short video, which teaches you how to be the kind of woman who gets a proposal:

[Go here to watch the video:](#)

## **One Final Thought to Ponder**

Whatever relationship status you may be part of or what the past has taught you about men, remember this one little thing: You are an incredible catch, and you deserve to be caught by a man that will treat you like the rare find you are.

And nothing less.

As you embark on a passionate, loving relationship, use this guide as a way to say goodbye to old relationship mistakes that no longer serve you and hello to helpful, practical tips for the great big, adventurous love that's waiting right now for you.

Insist only on the best for you, for him and for your immaculate, beautiful, exhilarating future together.

## **Recommended Videos for you to watch ASAP:**

### **Why Men Pull Away:**

*If you've ever been frustrated by a man's behavior, and/or wished that you truly understood your man then watch this video and discover how to be the woman he'll love forever... [Click here](#)*

**How to Talk to Men: [Click here](#)**

**How to be the girl who gets proposed to: [Click here](#)**