

Attracting the Beautiful Woman of Your Dreams

*A Dating Guide for Men, Lesbians and Bisexual
Women*

by

Christine Loveridge.

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Introduction

This book is about attracting a beautiful woman. Beauty, of course, is subjective—it's in the eye of the beholder. A truly beautiful woman shouldn't be defined solely by her physical appearance. We've all encountered women who are stunning on the outside but may lack warmth or compassion on the inside.

A beautiful woman, in the truest sense, embodies qualities that you personally find attractive. To you, beauty should be the complete package—a woman with not only physical allure but also a personality that captivates and resonates with you.

Don't pursue a beautiful woman simply to impress your friends, colleagues, or family. The woman you seek should be someone who impresses *you*—someone you genuinely like and admire. The goal isn't to chase what society deems acceptable or desirable, but to find a woman whose qualities you find deeply appealing.

Although this book is primarily written for men, it's also relevant for lesbians and bisexual women who want to attract a beautiful, feminine woman. Since most of my audience are men, I'll focus on the typical scenario of a man trying to attract a woman.

However, if you are a lesbian or bisexual woman reading this, rest assured that the principles in this book apply to

you as well. Even gay men may find valuable insights within these pages.

This book is for anyone with a more masculine personality type who is attracted to individuals with a feminine personality type.

Now, let's dive into an essential concept of sexual attraction and why it applies to everyone—whether straight, lesbian, bisexual, or gay.

Firstly, I should mention that I am a lesbian. The tips I've gathered come from various coaches and my own personal experiences. Although these tips were originally aimed at men, they helped me—a woman—attract beautiful women, including the woman I eventually married.

The core principle of attraction holds true regardless of gender or sexual orientation. In any relationship—whether it involves two men, two women, or a man and a woman—there is typically one partner who embodies more masculine energy and another who embodies more feminine energy. Masculinity is naturally attracted to femininity. This is a universal principle that applies across all relationships. Even in couples who appear similar outwardly, you'll often find that one partner tends to be more masculine while the other is more feminine.

But you might ask: if this principle is true, can a feminine woman attract a masculine gay man? Or can a feminine gay man attract a heterosexual man?

The answer, generally, is no—unless those individuals are bisexual or still exploring their sexuality. While anyone can engage in sexual activity with anyone, sexual attraction and love are different. A gay man may have a platonic connection with a straight man, but romantic and sexual attraction are tied to one's sexual orientation.

Sexuality is more than physical intimacy. What defines someone's sexual orientation is who they fall in love with, who they are emotionally connected to. Lesbians fall in love with women. Gay men fall in love with men. Straight men fall in love with women, and straight women fall in love with men.

While sex can be casual, love is what distinguishes true relationships. The most profound human experience is the combination of both—being intimately involved with someone you deeply love.

This is the perspective I've developed through my experiences and observations about different sexualities, including my own.

This is the only time I will address sexual orientation in this book. From here on, I'll be speaking directly to you—the reader—as a heterosexual man seeking to attract a beautiful, feminine, heterosexual woman.

So, without further ado, let's begin...

Chapter One: The Vibe That Attracts Women.

It's not about what's in your wallet.

It's not about how good-looking you are.

It's your vibe. Always.

Your vibe is the combination of your personality, confidence, and energy. It's about how you present yourself, how you carry yourself, and how you interact with the world around you.

It's about:

- How you move
- How you speak
- How you think

How You Move:

Move with purpose, confidence, and at a pace slower than most men. When you move too quickly, you can appear jittery or anxious, which diminishes your aura of calm confidence. Slow down, and own your space.

Stand tall with your shoulders back and chest slightly puffed out. This posture communicates strength and self-assurance.

When sitting, lean back and "manspread" confidently. Take up space, as if you're a king on his throne. Don't lean

forward or into her space—let her lean into yours. By creating this dynamic, she will feel drawn to you.

I remember one particular date with a woman I was seeing for about three months. During the date, I consciously leaned back in my chair, creating distance so she would have to lean in closer to me. She mirrored my posture at first, sitting back as well. But after a minute, she began to lean toward me, signaling her attraction and pursuit. This subtle shift spoke volumes about her interest in me.

Never fold your arms. The body's vital organs are located in the center of the torso, and crossing your arms signals that you're protecting yourself, which can come across as defensive or closed off.

Instead, keep your hands and arms relaxed at your sides, or place them behind your head in a relaxed gesture. Alternatively, drape one arm nonchalantly over the back of your chair, even around her, if she's sitting next to you. This exudes confidence and creates a sense of ease.

When walking together, always walk side by side, or even a step ahead. The person who leads sets the pace and direction. Remember, being slightly in front shows leadership and strength.

Playful Touching:

Never underestimate the power of playful, light touches. It builds rapport and adds a fun dynamic to the interaction.

If you're seated at a table and enjoying some playful banter or teasing, use the moment to play footsie under the table. It's subtle, yet playful enough to build connection.

If you're standing at a bar, waiting in line, or engaged in an activity like bowling, take the opportunity to introduce playful nudges, pokes, or gentle tickles. If you're both laughing and flirting, it creates the perfect atmosphere to introduce casual, flirty touches.

Physical touch, when introduced playfully, can quickly escalate to hand-holding, hugs, and eventually intimacy. It's all about creating chemistry and connection in a light-hearted way.

However, it's important to read the situation. If a woman seems distant, cold, or not reciprocating playfulness, it's not the right time to introduce physical touch. She may need more time to warm up to you, or it could be that she's simply not interested. If that's the case, consider giving it a few more dates to see if she opens up, or it may be time to move on.

Personal Story:

When I first met my wife, she was incredibly shy. At the time, I mistook her shyness for a lack of interest.

It was difficult to engage her in conversation, and she rarely made playful gestures. She would often avoid eye contact, which made me wonder if she was interested in seeing me again at all.

After our first date, I fully expected her to ghost me when I asked her out again. To my surprise, she kept saying "yes" to every invitation, even though her behavior remained reserved.

I distinctly remember our second date. We went bowling, and she was gradually opening up—laughing and joking with me. For some reason, in the middle of it all, I playfully stroked the side of her face. She looked surprised, but she didn't pull away. That small act of boldness made an impact.

Later, I found out I was the most confident and daring person she had ever dated, and that boldness was incredibly attractive to her.

By the time our date ended at the cinema, I reached over to hold her hand, and she accepted. We held hands for the rest of the movie. With each date, things became easier. We flirted more, and soon, we couldn't keep our hands off each other—hugging, kissing, and laughing together constantly.

Looking back, my initial assessment was wrong. She wasn't disinterested; she was simply shy and needed more time to feel comfortable. Once she felt safe with me, she came out of her shell, and our connection deepened.

How you speak:

Speak slowly and deliberately. When you speak too quickly, it can make you difficult to understand and may give off an anxious, jittery vibe. Slowing down not only makes your words clearer but also shows that you are calm, confident, and in control.

But here's the key: don't speak too often. Instead, ask questions and let her do the majority of the talking. This not only keeps you more mysterious, but it also gives her the space to share her thoughts, ideas, and feelings. Women often appreciate a good listener, and by allowing her to speak more, she'll feel more comfortable around you. Let her *pull* information out of you rather than offering it freely.

This approach is also a great way to gauge her interest. If she's truly interested in you, she'll naturally start asking about your life, your interests, and your experiences. If she never asks about you and only talks about herself, it could be a sign that she's self-centered or not genuinely interested. In that case, you'll know whether or not to pursue her further.

When you *do* speak, make sure your words carry weight. Avoid surface-level responses. Let's take an example of what *not* to do:

Her: *"What's your favorite show?"*

You: *"Game of Thrones. You?"*

This is a boring, generic answer that doesn't reveal anything interesting about you. Now, let's see how you can make this much more engaging:

Her: *“What’s your favorite show?”*

You: *“Game of Thrones. I love how it’s about a family being torn apart in a dangerous world and their journey to find each other again. I really resonate with the Stark family because I have siblings, and I know how important family is. What about you?”*

Notice how, in this second example, you’re still not giving away too much, but you’re sharing a meaningful insight about yourself. You’re showing her that you have depth, which makes you more interesting. Plus, you’re engaging her by flipping the question back to her, inviting her to share her own thoughts.

Playfulness and Banter:

Don’t be afraid to tease her or engage in some light banter. Playfulness can significantly increase her attraction to you. However, there’s a fine line—you want to be playful, not mean. The goal is to flirt, not to offend. You can tease her about small things, but never make her feel belittled.

For instance, don’t be afraid to be a bit polarising. Many guys try to play it safe and are overly polite because they’re afraid of offending the woman they’re speaking to. The problem with this approach is that women can sense the fear, and it diminishes their attraction because they want someone who is confident and unapologetic in his actions.

Here’s an example of how to tease her without crossing the line:

Her: *"I get my confidence from my mom. She's such a trooper and has been through a lot."*

You: *"Really? And yet you're wearing those shoes? How do you pull that off?"*

—points to her bright red shoes—

Her: *"What's wrong with my shoes?"*

You: *"I'm just messing with you. They look great. So, tell me more about your mom."*

In this playful exchange, you're showing that you're not afraid to tease her, but you quickly recover by reassuring her that you're joking and then shifting the focus back to the conversation. What you're indirectly saying through this interaction is: *"I can play, I can flirt, and I'm not intimidated by you."*

It's not about the shoes—it's about the playful energy you're bringing. You could just as easily tease her about her handbag, her hairstyle, or something she said or did. The key is to keep it light, fun, and flirty.

Texting and Online Conversations:

When texting or talking online, keep the conversation short and to the point. Don't linger too long in the messaging phase. Texting is not where attraction is built—it's just a tool to set up the date. Your goal should always be to take things offline as soon as possible.

Here's an example of how to smoothly transition from texting to setting up a date:

You: *"Hey, how's it going?"*

Her: *"It's going, lol. How about you?"*

You: *"It's going great, thanks! I'd love to get to know you better. When are you free this week?"*

Her: *"I'm free this Sunday."*

You: *"Awesome. Let's meet at the Steak House at 7 pm on Sunday."*

Her: *"Sounds good!"*

You: *"Great! See you then."*

Her: *"Looking forward to it."*

Notice how this exchange keeps the conversation light, but you're quickly moving toward arranging the date. The point is to meet in person because that's where genuine attraction happens. It's easy for people to hide behind a keyboard or a smartphone, but if you really want to know if this woman is right for you, you need to meet face to face.

As Coach Corey Wayne says, use the phone to *set up appointments*, not to engage in long, drawn-out conversations. If a woman reaches out to you first—whether through text or a phone call—assume it's because she wants to see you. Don't waste time; instead, ask her when she's available to meet up.

The bottom line is this: real chemistry happens in person. Texting is just a tool to get there. Always prioritize face-to-face interactions over digital ones.

You can find Corey Wayne's work on YouTube and on his website www.UnderstandingRelationships.com I recommend reading his book, 3% Man which you can even read for free on his website!

This is a good template for when she initiates contact with you:

Her: *"Hey, how are you?"*

You: *"I'm great, thanks! How are you?"*

Her: *"I'm doing well. What have you been up to today?"*

You: *"This and that. But hey, I'd love to hang out again. When are you next free?"*

Her: *"I'm free Saturday afternoon and Tuesday evening. Does that work for you?"*

You: *"Let's meet on Tuesday evening. How about 8 pm at the Turkish Restaurant?"*

Her: *"Perfect!"*

You: *"Great! See you Tuesday!"*

Her: *"Yeah, see you Tuesday!"*

Of course, the details might differ based on the situation. But the key takeaway here is the same: you're keeping it short and sweet, and, most importantly, you're making it happen.

You're not getting stuck in endless chit-chat or dithering with unnecessary back-and-forth. Instead, you're

confidently setting a date and wrapping up the conversation with a clear plan.

This approach shows leadership and decisiveness, qualities women find attractive. Especially with beautiful women, who likely have a flood of guys constantly trying to DM them, you're standing out by:

- **Making concrete plans**—you're taking the initiative.
- **Keeping the conversation brief**—you're not wasting her time or yours.
- **Getting to the point quickly**—you're not hesitant or unsure.

Contrast this with what unconfident men tend to do in her DMs:

- They wait for her to make plans, signaling uncertainty.
- They chat endlessly, hoping to build a connection over hours of small talk.
- They hesitate and wait for the “perfect” moment to ask her out, often missing the chance.

Women are naturally drawn to men who show confidence, leadership, and go after what they want. Men who, instead, try to befriend her first, hesitate, or seek approval before making a move often get stuck in the dreaded “friend zone.”

Be bold. Take the lead. The worst thing that could happen is she says no—but at least you won't waste time wondering.

You'll know where she stands, and you can move on sooner rather than later.

So, What Happens If She Flakes?

What if she stands you up?

What if she rejects you?

What if she cancels the date without suggesting an alternative?

What if she doesn't agree to meet up?

What if she ghosts you?

The answer is simple: **don't contact her again and move on.** For whatever reason, she's no longer interested, and the best move you can make is to do absolutely nothing. If she's testing you or still likes you, she will reach out eventually. There's nothing more you can do, and chasing her will only lower her attraction further.

Men who are found unattractive by beautiful women are the ones who keep sending messages, getting insecure, and asking, "*What did I do wrong?*" Instead of maintaining their confidence, they fall into a trap of self-doubt.

Don't be that guy. Instead, walk away with your dignity intact. The most attractive thing you can do is maintain your self-respect and move on.

My Personal Experience:

When I first met my wife, this is exactly how I communicated with her. Everything I'm about to share happened within the span of one evening.

First, we matched on Tinder.

Second, I sent her the first message. I wasn't afraid to make the first move because I knew that's what leaders do.

We exchanged a few messages—about 5 or 6—before I asked for her Facebook details. She gave them to me without hesitation, and I immediately added her as a friend.

When she accepted (which was right away), I took a quick look at her profile to confirm she wasn't a “catfish” or someone pretending to be someone else. Once I knew she was real, I sent her a message on Facebook and asked when she was free to meet up.

She told me she was free that upcoming Saturday.

Without wasting time, I set a plan: I told her what time to meet, where we'd be going, and that I'd see her then. After that, I didn't message her again.

I didn't engage in any more conversation until we were face-to-face on our date that Saturday.

And that was it. The entire exchange—from matching to setting the date—happened within a few messages, all in one evening. There was no need for endless chatting or trying to win her over through text. I let the real connection happen in person, where it matters most.

Why This Approach Works:

This method of communicating works because it projects confidence, decisiveness, and leadership. You're showing

that you're not just another guy wasting her time. You're someone who knows what he wants and goes after it without hesitation.

In today's world, where many men try to win women over through drawn-out conversations or overly polite gestures, taking the lead and keeping things simple sets you apart. Women want a man who is secure in himself, who doesn't rely on endless chatter to build rapport but understands that the real connection happens face-to-face.

By being bold and direct, you not only show confidence, but you also save yourself time. You're not stuck in a limbo of texting for weeks, hoping to eventually ask her out. You're getting straight to the point, and that's incredibly attractive.

So, the next time you're messaging a woman you're interested in, keep it brief, make concrete plans, and leave the idle chit-chat behind. Let your confidence speak for itself, and you'll see how much more effective this approach can be.

How You Think:

Your mindset shapes everything, and it all begins with thinking in terms of abundance.

There is an **abundance** of beautiful women for you to date.

There is an **abundance** of money and wealth you can attract into your life.

There is an **abundance** of career opportunities waiting for

you.

There is an **abundance** of friendships and meaningful connections you can make.

When you adopt an abundance mindset, you'll notice that you're no longer worried when a woman you're dating stops responding to your messages or things don't work out. Why? Because you know there are countless other women you can meet and date. You're no longer attached to the outcome of a single relationship. A new woman will come into your life as naturally and predictably as the sun rises and sets each day.

This shift in mindset helps you become less attached when dating, and that's powerful. When you're not worried about "losing" someone, you become more relaxed, confident, and easygoing. This calm, laid-back attitude naturally makes you more attractive. Women can sense when you're comfortable in your own skin, and this confidence is magnetic.

The abundance mindset doesn't just apply to dating; it can transform every area of your life. By believing that opportunities, wealth, relationships, and happiness are plentiful, you'll open the door to attracting them effortlessly.

A Mantra for Success:

A great mantra to carry with you as you go about your daily life is:

“Things are always working out for me. Things are always working out for me. Things are always working out for me.”

Repeat it to yourself often. Watch how your outlook shifts. When you train your mind to expect that things will work out in your favor, you begin to move through life with optimism, confidence, and ease. You’ll notice that good things naturally flow to you, simply because you believe they will.

Cultivate Positivity:

It’s crucial to develop a positive mindset and maintain a positive outlook on life. Negativity is draining, not just for you but for everyone around you. If you’re always complaining, finding fault, or focusing on what’s going wrong, you’ll become the kind of person who zaps the energy and joy out of others—an “energy vampire.”

Instead, aim to be the person who fills others with happiness and ease. You want to bring positive energy into every situation, not anxiety or misery.

If you find yourself struggling with negativity, or if you’re feeling overwhelmed by mental health issues, don’t hesitate to seek medical advice or therapy. Professional support is essential when dealing with significant mental health concerns. However, if you feel like your challenges are more minor and manageable, you can start by filling your mind with positive influences.

Surround Yourself with Positivity:

You've probably heard the saying that you become like the five people you spend the most time with. If that's true—and it often is—it's important to surround yourself with positive influences. But what if your current environment is filled with negativity? What if the people around you don't inspire or uplift you?

In that case, it's time to find positivity elsewhere. Thanks to the internet, you can access positive content anytime, anywhere. Consider diving into resources like:

- **Audiobooks**
- **Podcasts**
- **Lectures and Seminars**
- **YouTube videos**

The beauty of these resources is that they allow you to “spend time” with influential, uplifting people even if you're physically alone.

My Personal Influences:

The five main people I listen to regularly are:

- **Tony Robbins**
- **Wayne Dyer**
- **Joe Dispenza**
- **Corey Wayne**
- **David Goggins**

These individuals have had a profound impact on my mindset, helping me grow into a more positive and resilient person. Their teachings encourage me to think abundantly, push through challenges, and remain focused on my goals.

In addition to these five, I also listen to other great minds, such as:

- **Mel Robbins**
- **Gary Vee**
- **Mark Manson**
- **Ryan Holiday**
- **Jim Rohn**
- **Brian Tracy**
- **Napoleon Hill's lectures**
- **Andrew Huberman** (to add a bit of science-based insight)

I regularly rotate these influences to keep things fresh and exciting. By continuously learning from new voices, I'm able to stay engaged and inspired. All of these individuals have contributed to my growth, helping me develop a more positive, empowered mindset.

The Power of Positive Influence:

If you find yourself surrounded by negativity in your everyday life, you need to take control and seek out positive influences elsewhere. Plug in your earphones, dive into

uplifting content, and flood your mind with positivity. Over time, you'll notice that your thoughts begin to change. Positive thinking becomes second nature, and you'll find yourself feeling more optimistic, confident, and at ease.

Never underestimate the power of influence. The people and content you expose yourself to have a massive impact on how you think, feel, and behave. So choose wisely—make sure you're surrounding yourself with the right voices.

Chapter Two: Don't Focus On Relationships And Getting Laid

I know exactly what you're thinking. Of course you want a relationship. Of course you want to get laid. These are completely natural desires, and there's nothing wrong with them.

However, it's crucial to avoid becoming overly attached to these outcomes when you go on a date with a new woman. When you focus too much on securing a relationship or getting intimate, it can cause you to become needy, insecure, and desperate. And here's the thing—women are incredibly intuitive. They can sense desperation from a mile away.

If she picks up on the fact that you're trying to rush things—whether you're pushing to make her your girlfriend too soon or trying to get her into bed quickly—she'll likely lose interest. The moment she feels pressured or like you're too eager for an outcome, you're at risk of being dropped and friend-zoned faster than you can say, "What went wrong?"

There's no need to rush or force anything. The best relationships, including physical intimacy, unfold naturally and in their own time. So chill out, relax, and let things develop at their own pace.

Shift Your Focus During Dates

When you're out on a date, instead of obsessing over the outcome, shift your focus inward and ask yourself these important questions:

- How can I make this a fun and enjoyable experience for both of us?
- How can I create more laughter and lighten the mood?
- What questions can I ask to genuinely get to know her and see if she's a good match for me?
- Sure, she's beautiful, but do I actually enjoy spending time with her?

If you're on a date with a woman who is, in your eyes, a 10/10, it's natural to feel nervous. In fact, some level of nervousness is inevitable, even if you've dated dozens of women. However, being overly focused on your nerves and how you're coming across can actually make you feel more anxious.

The goal is to shift from being **inwardly focused** to **outwardly focused**. How do you do that? By becoming deeply curious about her. Make it your mantra on the date:

"I want to know everything about her. What else can I ask her?"

Become genuinely intrigued by her life, her thoughts, and her experiences. Ask questions not to fill the silence, but because you're sincerely interested. Keep the conversation going by learning about her as a person.

This doesn't mean you should interrogate her. It's about engaging in a natural, flowing conversation where you find out key details about her and follow the topics where they lead. When a subject runs its course, you can smoothly ask a new question to keep things moving.

By focusing on her, you'll stop worrying about yourself. You'll be taking the spotlight off your own nerves and placing it on her, which will allow you to relax and enjoy the moment.

And if she happens to be one of the most stunning women you've ever met—why wouldn't you want to know everything about her?

Deal Breakers: Know What You Want—and What You Don't

Here's a practical exercise: Write down a list of your deal-breakers. A deal-breaker is a trait or behavior in a woman that you absolutely cannot tolerate or live with in a relationship.

When you're dating someone new, you want to figure out early on if she has any of these deal-breakers. It's better to discover potential red flags sooner rather than later, so you don't waste time pursuing someone who isn't right for you.

For example, when I was dating before I met my wife, I would always ask women if they had ever cheated in a past relationship. Why? Because my first girlfriend cheated on me multiple times during the year we were together, and it was an absolute nightmare. I knew I never wanted to go

through that again, so it became an essential part of my dating strategy to ask new women about their history with cheating.

Your list of deal-breakers might include things like:

- She must not be unfaithful.
- She must be responsible with money.
- She must not smoke or use drugs.
- She must not be mean or bully others.
- She must avoid drama.
- She must not be obsessed with plastic surgery or artificial enhancements.

This is just a random example, but the point is to imagine the qualities you absolutely **don't want** in a partner. Think of the worst-case scenario—the kind of woman you could never see yourself with—and base your deal-breakers on that image.

Take your time when creating this list. It's okay if it evolves as you continue dating and discovering what really matters to you. Some traits that seem important now may become less significant later, while others may become more critical.

The Opposite of Deal Breakers: Defining Your Ideal Woman

Once you know what you don't want, you're also painting a picture of what you **do** want. By eliminating the negative traits, you can create an image of your ideal woman.

Here's that same list, but flipped to reflect positive traits:

- She must be faithful and loyal.
- She must be wise with money.
- She must live a healthy lifestyle.
- She must be kind to me and others.
- She must lead a peaceful life free from unnecessary drama.
- She must value natural beauty over artificial enhancements.

Knowing both your deal-breakers and your ideal traits gives you clarity when dating. It's no longer about chasing the first woman who gives you attention—it's about finding the right woman who aligns with what you want in a partner.

Don't Settle for Less

The most important thing to remember in dating is **not to settle**. Just because a woman gives you attention doesn't mean she's the right one for you. Don't let your desire for a relationship or physical intimacy cloud your judgment.

Focus on getting to know the women you date without rushing the process. The right relationship will develop naturally, and when you let go of the need for immediate results, you'll find that you come across as more relaxed, confident, and self-assured.

And here's something crucial to consider: If things go well, this woman could become your girlfriend, and eventually, your wife. That means you could end up spending the rest of your life with her. So, make sure you choose wisely.

Let me say that again—you could be spending **THE REST OF YOUR LIFE** with this person. Depending on your age, that could be a very, very long time. Don't take that decision lightly.

Pick her well.

Chapter Three: Finding A Girlfriend Is Easy

Finding a girlfriend becomes much easier when you stop wasting time on women who aren't truly available. Many men get stuck chasing after women who are emotionally unavailable, already taken, or simply not interested. This leads to frustration and wasted effort. Instead, you should focus your energy on women who are open and enthusiastic about dating you.

Women to Avoid:

Here are examples of women who may seem appealing but are not genuinely available:

- Women who have boyfriends or husbands
- Women who reject you, even subtly
- Women who friendzone you
- Women who are hot and cold, giving you mixed signals
- Women who offer excuses like, "I'm focusing on myself" or "I'm not ready for a relationship right now."

Women to Focus On:

Instead, direct your attention to women who show genuine interest:

- Women who show enthusiasm and excitement about spending time with you

- Women who readily agree to go on dates
- Women who consistently respond to your messages and engage in conversation
- Women who flirt with you openly (and are single)

Stop Wasting Time on Unavailable Women:

Many men make the mistake of investing time in women who aren't interested. They wait around, hoping she'll change her mind. Some try to become her friend in hopes of "winning her over" eventually, or they act as her Mr. Fix-It, thinking that by doing favors or solving her problems, she'll fall for them.

This strategy rarely works. If you ask a woman out and she responds with anything other than an enthusiastic "yes," it's time to move on. It can be tough, especially if you're attracted to her, but you need to accept that pursuing someone who isn't fully interested will only waste your time and energy.

Instead, adopt an abundance mindset—there are plenty of women out there who will be a better fit for you. If one woman isn't reciprocating your interest, you'll find another who will. And the next woman might even be more beautiful, more compatible, and more genuinely interested in you.

My Personal Experience:

I can speak from personal experience. When I was younger, I wasted months—sometimes years—pining over women

who had friendzoned me, gave me mixed signals, or flat-out rejected me. Instead of using that time to meet new women who were interested, I clung to the hopeless belief that they would eventually change their minds.

Spoiler alert: They didn't.

Don't be like me. Don't waste your time being a "hopeless romantic" for someone who isn't showing you the same level of interest.

And because I acted this way for so long, when I did find a woman who liked me, I became incredibly clingy and desperate. I ignored obvious red flags because I was so afraid of losing her. I convinced myself that starting over from square one would be worse than staying with her, even though the relationship was toxic.

For example, one night, just a month into our relationship, she asked me, "What would you do if I cheated on you?" Alarm bells should have gone off. My instincts were screaming, "This is a red flag!" But I ignored it because I didn't want to face the possibility of starting over again.

I ended up staying in that relationship for a year, and it wasn't until she cheated on me multiple times that I finally realized I deserved better. Leaving was tough, but starting over was far better than enduring the rollercoaster of drama and emotional pain that relationship caused me.

Learn from Mistakes and Stay Sceptical:

The key takeaway from my experience is this: Stay sceptical until you're certain the woman you're dating is genuinely a good match for you. Keep your emotional guard up, and don't ignore red flags just because she's attractive. A sexy woman doesn't automatically make for a good girlfriend—or wife.

The pain of my past relationship taught me valuable lessons about how to approach dating. Sometimes, the hardest experiences are our best teachers. I'm grateful for the lessons I learned, and although that relationship hurt me, I no longer harbor resentment. Life is too short to hold onto grudges.

Conclusion:

While finding a girlfriend can be easy, it's essential to remain discerning. Keep your list of deal-breakers in mind, and don't ignore warning signs, no matter how attractive she is. It might sting to walk away from someone beautiful if you notice red flags, but you'll be saving yourself from future heartbreak.

Ultimately, the right woman won't just meet your physical preferences—she'll align with your values and bring positivity into your life. So don't rush into a relationship or become too focused on getting a girlfriend. Stay patient, keep your standards high, and trust that the right person will come into your life when the time is right.

Chapter Four: How To Tell If A Woman Is Interested In You

Knowing if a woman is genuinely interested in you is crucial for dating with confidence. A lot of guys spend too much time second-guessing her feelings, misreading her signals, or getting stuck on someone who doesn't feel the same way.

So, how can you tell the difference between a woman who is truly interested in you and one who isn't? Let's break it down.

Signs a Woman is Interested in You

A woman who likes you will exhibit clear signs of interest. Here are the key indicators:

- **She responds to your messages:** If she engages in conversations, responds quickly, and keeps the dialogue going, it's a good sign she's interested.
- **She says yes to going out with you:** If she's enthusiastic about spending time with you and doesn't hesitate to say yes when you ask her out, she's likely into you.
- **She doesn't flake or cancel plans:** A woman who genuinely likes you will prioritize seeing you. She won't make excuses or back out of dates.
- **If she does cancel, she offers an alternative date:** Sometimes life happens, and plans get canceled. But

if she's really interested, she'll suggest another time when she's available.

- **She may even ask you out:** If she's very forward, she might take the initiative to ask you out. This is a strong sign of interest.

A woman who likes you will show her interest through her actions. She won't leave you guessing or send mixed signals. Her behavior will demonstrate that she wants to spend time with you and get to know you better.

Signs a Woman is Not Interested

On the flip side, there are clear signs that a woman isn't interested in pursuing a romantic relationship with you. These may include:

- **She ignores your messages or takes a long time to respond:** If she's taking days to reply or giving you one-word answers, she's probably not that into you.
- **She cancels plans frequently:** If she often cancels dates without offering to reschedule, she's likely not prioritizing you.
- **She puts you in the friend zone:** If she talks about other guys she's dating or makes it clear she only sees you as a friend, it's time to move on.
- **She sends mixed signals:** Some women may act hot and cold, showing interest one day and pulling back the next. This inconsistency usually means she's unsure or not serious about you.

There's no magic formula to make a woman who isn't attracted to you suddenly become attracted. If she's decided she doesn't like you in a romantic way, there's little you can do to change her mind. The best thing you can do is let her go and focus your energy on other women who are genuinely interested in you.

How to Build Attraction with Women on the Fence

While you can't force attraction, you *can* influence it. A woman who is undecided or on the fence about you can become more attracted to you if you handle things right. Attraction grows when you display confidence, emotional control, and the traits discussed throughout this book.

To tilt her attraction in your favor, focus on:

- **Being confident but not overbearing:** Confidence is attractive, but desperation is not. If you come across as relaxed and self-assured, she'll feel more drawn to you.
- **Creating fun, engaging experiences:** Instead of focusing on getting a relationship or rushing intimacy, make your time together enjoyable. If she's having fun, she'll associate positive feelings with being around you.
- **Maintaining emotional control:** Don't rush to confess your feelings. Instead, let her come to her own conclusions about how she feels. Be patient, and wait for her to express her interest first.

Avoid Confessing Your Feelings Too Early

Many men make the mistake of confessing their love or strong feelings way too soon. This is especially true when they're dating a beautiful woman. They get caught up in their emotions and feel the need to declare how much they like her before she's even ready to hear it.

The truth is, **you don't need to tell a woman you like her**. If you're dating each other or sleeping together, **she already knows**. Women can tell by your body language, the way you look at them, and how you speak to and touch them.

So, why confess what's already obvious?

Often, men rush to express their feelings out of insecurity or a desire for validation. They're seeking reassurance that the woman feels the same. But with beautiful women, who are constantly bombarded by men professing their love, these early confessions usually do more harm than good. To her, it's just noise—or worse, it makes her less attracted to you.

How to Be Different from Other Men

To stand out from the crowd and avoid making the same mistakes as other men, you need to stay calm and unaffected by her beauty. **Don't**:

- Confess your love too soon.
- Tell her how much you like her before she's ready to hear it.

- Act like you can't live without her.
- Use clichés like “you're the one.”

These behaviors won't make her like you more. In fact, they'll often have the opposite effect, making her feel overwhelmed or less attracted. It's not that you can never say these things, but timing is everything. Wait for her to express her feelings first. When she does, you'll know she's ready to hear them from you.

The Tomato Plant Analogy: Let Love Grow

Think of a woman's love for you like a tomato plant. You have to give it time to grow before you can harvest the tomatoes. Confessing your love too early is like pulling up the shoots before the plant has had a chance to mature—you ruin the entire process.

If you rush to declare your feelings, you're likely to kill the budding relationship before it has a chance to blossom. Be patient, nurture the connection, and let her emotions grow naturally. The reward will be worth the wait.

Personal Story: Lessons Learned the Hard Way

Before I learned these lessons, I was a hopeless romantic. I believed that writing love letters and confessing my feelings would make women fall for me. I projected my emotions onto them, thinking they would feel the same if only I expressed how much I liked them.

Once, when I was 18, I developed feelings for a woman in her mid-twenties. I thought writing her a long love letter

would win her over. Instead, all I got was a polite, “I’m flattered, but no” response. It took me years to get over it, and I wasted so much time feeling sorry for myself. I acted like a mopey, tortured poet when, in reality, I was simply a girl who should have moved on.

Don’t make the same mistake. **Don’t be a loser** like I was. If you get rejected, cut your losses and move on. Don’t embarrass yourself by writing love letters or sending long messages to a woman you’re just dating.

Even if you’re already dating successfully, a love letter or confession won’t increase her attraction. In fact, it may lower it. Instead, save that romantic gesture for later—after you’ve established a committed relationship, when it’s her birthday, or when you’re celebrating an anniversary. At that point, it will be a meaningful gesture, not something that scares her off too soon.

How to Know a Woman is Falling for You

You don’t need a grand confession to know a woman is falling for you. The signs are simple:

- She continues dating you.
- She continues sleeping with you.
- She wants to spend more time with you.
- She introduces you to her family and friends.

These are all indicators that she's growing closer to you and developing stronger feelings. Be patient and let her express those emotions in her own time.

Relationship Commitment and Marriage

Also, wait for her to bring up commitment or marriage. She might not directly say, "I want to be your girlfriend" or "I want to marry you," but she'll hint at it with questions like:

- "What are we?"
- "Where is this going?"
- "Do you see us getting married?"

When she asks these questions, she's already thinking about a future with you. Instead of answering outright, reflect the question back to her to find out what she's really asking:

- "What are we?"
Ask: "What do you mean? Do you want us to be exclusive?"
- "Where is this going?"
Ask: "What do you mean? Are you thinking about something more serious?"
- "Will we get married?"
Ask: "What do you mean? Do you want marriage?"

By turning the questions back on her, you can get a better understanding of what she's looking for. Then, you can decide whether you want the same things.

Chapter Five: Keeping The Magic Alive In A Relationship

Keeping the magic and intimacy alive in a long-term relationship requires intention and effort. The good news is, it's entirely possible to keep the spark alive and avoid falling into the trap of a sexless marriage. The keys to maintaining that magic are:

- **Continuous courtship**
- **Communication**
- **Presence**
- **Polarity**

Let's break these down and explore how you can apply them in your relationship.

Continuous Courtship

The way you got your woman to fall in love with you is the same way you keep her in love with you. When you first started dating, you put effort into making her feel special, and that effort is what helps maintain the romance over time.

Think back to the activities you did together when your relationship was new—whether it was going out for dinner, planning fun outings, or simply spending quality time together. **These are the things you must continue to do** if you want to keep the connection strong. Romance doesn't

end when a relationship becomes more serious; if anything, it becomes even more important to sustain it.

Of course, life has a way of getting busier as time goes on. Kids, work responsibilities, and family obligations can all eat into the time you once spent dating. But even if your schedule only allows for a few date nights a month, **those moments are essential**. Make the most of the time you have, and don't let the busyness of life push romance to the back burner.

To keep things exciting, avoid falling into a routine of doing the same thing over and over again. Don't always go to the same restaurant or stick to the same date activities. Be creative and explore new things together. You don't have to plan extravagant dates—simple activities like playing darts, taking a dance class, or going for a drive to explore new areas of town can help keep the energy fresh. The key is to continue investing in each other and finding ways to have fun together.

Communication

Communication is the lifeblood of any relationship, but it's even more crucial when it comes to keeping intimacy alive. Women often process their emotions through talking, and when they feel stressed, sad, or overwhelmed, one of the best things you can do is help them navigate those feelings by encouraging open communication.

In the book *Men Are From Mars, Women Are From Venus* by John Gray, he describes how women's emotions are like a wave. Their emotions swell up to a peak before eventually coming back down, but in order to reach that place of calm, they need to fully experience and express their feelings.

As a partner, your role isn't to fix the problem—**it's to listen**. Help her reach the top of her emotional wave by encouraging her to talk about what's bothering her. This process untangles the emotional "ball of wire" in her mind, allowing her to work through her feelings and eventually come back down to a place of peace.

Here's how you can support her when she's feeling upset:

1. **Put down distractions:** Whether it's the TV, your phone, or whatever else you're doing, stop and give her your full attention. She needs to feel like you're truly present.
2. **Ask open-ended questions:** Encourage her to talk by asking thoughtful questions like:
 - What happened?
 - How did that make you feel?
 - What's on your mind?
 - Is there anything else bothering you?
3. **Validate her feelings:** Repeat back what she's said to show that you're listening and that her feelings are valid. For example:

- "I understand you're frustrated because your mother keeps coming over unannounced, even though you've asked her not to. That would annoy me too. How does it make you feel when she doesn't listen?"

By reflecting her emotions and continuing to ask questions, you're helping her work through her feelings, allowing her to feel heard, validated, and supported.

Avoid trying to fix things unless she specifically asks for your advice. Most of the time, she just wants to get her feelings off her chest. If you're unsure, ask her: *"Would you like me to offer advice, or do you just want me to listen?"*

Wait until she has reached a calmer emotional state before offering any solutions.

Presence

Being fully present in your relationship is another key to keeping the magic alive. Presence is about more than just being physically with her—it's about giving her your undivided attention when it matters most.

There are specific moments when your full presence is crucial, such as:

- When she's talking to you
- When you're on a date

- When you're sharing intimate time together

Women can sense when you're mentally or emotionally elsewhere, even if you're physically in the same room. And when they feel disconnected, it can create distance in the relationship. **Presence is a form of love**, and when you give her your undivided attention, she'll feel valued and appreciated.

Of course, it's unrealistic to expect to be fully present all the time. Life gets hectic, and there will be moments when you're both busy with other things, like watching TV, handling work, or taking care of the kids. But even in the midst of a busy life, it's important to create small moments of connection where you're fully focused on each other.

Practice being fully present in those moments when you're alone together. Whether it's during a date night, a quiet moment before bed, or even a few minutes over breakfast, make the effort to connect. If she's talking to you, make sure to actively listen—don't let your mind wander or get distracted by your phone.

Here's a tip: When she's telling you something, **visualize it in your mind like a story**. This helps keep you engaged, even if the topic isn't something you're naturally interested in. You'll find that by focusing your mental energy on the story she's sharing, you'll become more invested in the conversation, and she'll appreciate your attention.

Polarity

Polarity in a relationship refers to the dynamic between masculine and feminine energy. In most heterosexual relationships, the man embodies more masculine energy, while the woman embodies more feminine energy. **Sexual attraction thrives on this polarity**—masculinity is drawn to femininity, and vice versa.

The challenge is that, over time, spending too much time together can lead couples to become more like each other, which can weaken this polarity. You've probably noticed this phenomenon when you start to pick up on your partner's habits or phrases. While this is natural, if you become too similar, it can diminish sexual attraction.

To maintain polarity in your relationship, it's important to consciously preserve the balance of masculine and feminine energy. Here's how you can do that:

- **Spend time with other men:** Engage in activities that allow you to express your masculine energy, whether it's sports, hobbies, or hanging out with male friends.
- **Encourage her to spend time with other women:** This helps her stay connected to her feminine side.
- **Continue to lead:** Masculinity is about leadership and direction. Take the initiative in planning dates, making decisions, and leading in the relationship.
- **Pursue your goals and purpose:** Stay focused on your career, personal goals, and ambitions. A man

who is driven and committed to his purpose is naturally more attractive.

- **Maintain masculine body language:** Simple things like standing tall, sitting with confidence, or using “manspreading” body language can enhance your masculine energy.

Masculinity is deeply connected to **achievement, purpose, and leadership**. When you lean into these traits, your partner will feel more drawn to you, both emotionally and physically.

If you’ve noticed that intimacy has diminished in your relationship, returning to these masculine traits will help restore that polarity. By balancing your energies, you’ll reignite the sexual chemistry that may have faded over time.

Final Thoughts

Keeping the magic alive in a long-term relationship requires continuous effort, but it’s worth it. By nurturing the romance through courtship, communicating openly, being fully present, and maintaining polarity, you’ll create a relationship where intimacy, connection, and attraction can thrive for years to come.

Chapter Six: If A Woman You Are Dating Starts To Lose Interest

- Back off
- Give her space
- Wait for her to contact you

This is why it's essential to embrace an abundance mindset when dating. Sometimes, without warning, a woman you're dating may start to lose interest. It's a common situation, and the worst thing you can do is panic. Instead, your focus should shift towards moving on and exploring new connections with other women.

Perhaps you have an idea of why she pulled back—maybe you became too needy or insecure. Or, maybe it's a mystery, and you're left wondering what went wrong. Either way, your response should be the same.

You must **back off**.

It's time to start doing **less** than what she's doing.

A helpful exercise is to review your communication with her:

- Who initiates the conversations most of the time?
- Who is sending the longer messages?
- Who texts more frequently?

If you're the one putting in more effort, it's time to change the dynamic. You need to do **less** than she is. For instance:

If she takes two days to reply, **take three days** to respond.

When I suggest this approach, many men panic. They worry that by pulling back, the connection will fizzle out. Their fear is: "If I stop initiating, she'll stop talking to me, and it'll all fall apart."

My response? **So what?**

If doing less results in her disappearing from your life, consider it a blessing in disguise. Why chase someone who isn't equally invested?

Remember: date women who are **enthusiastic** about you. It simplifies everything. Stop wasting your time on women who are half in, half out.

Here's a principle to live by: *What is meant for you will stay. What isn't meant for you will fade away.*

So, let her go. If she still has attraction for you, she will sense that you've backed off and will be afraid of losing you. This fear will prompt her to put in more effort. But if her feelings for you have faded, you won't hear from her again.

That's your cue to **move on**. It's a signal that your energy is better spent elsewhere, on someone new.

Personal Examples

Let me share two personal stories that illustrate this.

Example 1: The Sudden Disappearance

I was dating a woman who seemed incredibly attracted to me from the start. We were spending a lot of time together, and everything appeared to be going well. But out of nowhere, she ghosted me. I was left wondering what had gone wrong. Things had been going great, and then she vanished.

At the time, she was living in a shared house—a house where the tenants each have their own room but share common spaces like the kitchen and bathroom. As it turned out, her actual crush, who had been out of town during our time together, had returned. Once he showed interest in more than just friendship, she chose him over me.

In situations like these, where a woman's emotional investment is stronger for someone else, you can do everything right, but she will still choose the person she feels more strongly for. It happens fast, and it's not personal. Just move on.

Example 2: The Turning Point

This experience was a game-changer for me and the moment I began looking for ways to improve my dating skills and understand attraction more deeply.

I was dating a woman I really liked, but she started acting hot and cold, and I could feel her distancing herself. Desperate to reignite the spark, I turned to the internet, researching everything I could about attraction and dating. This was around 2014-2015, and I came across content from

creators like Coach Corey Wayne, Marie Dubuque, and the channel Dating Logic. These resources opened my eyes to new strategies and perspectives.

Soon after, I dived into books like *Models* by Mark Manson, *The Way of the Superior Man* by David Deida, and *No More Mr. Nice Guy* by Dr. Robert Glover, among many others (I've referenced these books throughout this book).

I applied what I learned, and while some strategies worked, others didn't. To cut a long story short, I couldn't rekindle her attraction for me. It had dropped too low to be salvaged. But instead of wasting my energy pining after her like my old self would have done, I moved on. I started using the new knowledge I'd gained with other women I dated.

Over time, I refined my dating skills and grew to enjoy my single life. Eventually, in 2017, I met the woman who would become my wife. Applying what I had learned helped me attract and keep the woman of my dreams. Now, I know the value of letting go when things aren't right and focusing on women who are genuinely excited about me.

Chapter Seven: How To Flirt With A Woman.

Flirting and being sexual are two different things. Think of flirting as playful interaction that can, if both parties are open to it, lead to something more sexual. The key is to keep things light and fun at first. **Play** comes before anything else.

When a woman is open to playfulness, you can test her interest by gradually escalating towards something more physical. But always remember, play comes first.

Here's what playful flirting can look like:

- When you're both laughing, gently push or poke her.
- Mimic her laugh in a humorous way.
- Give each other funny nicknames.
- Create inside jokes together.
- Tease her lightly and be playful.

These interactions show you're fun and easygoing, which is more effective than jumping straight to something overtly sexual.

Once you establish a playful rapport, you can move toward something more physical:

- A lingering hug.
- Playing footsie under the table.
- Putting your hand on her waist while talking.

- If she rests her head on your shoulder.
- She holds your arm or hand and gives it a squeeze.
- She glances at your lips while you're talking (that's your cue—go for the kiss!).

Playful flirting is the foundation. It's far more effective than giving her direct compliments or sexual remarks too early. Remember, most women have heard those lines before from countless other guys, and it's rarely impressive.

Instead, save the heavy sexual flirting for when you're already in a more intimate setting. Playful flirting should be the main focus early on—keep the intensity for later.

When to Make a Move

Don't just flirt endlessly. If you're getting these positive signals, and you're not already on a date, make your move and ask her out! Too much flirting without progress can backfire, and she may lose interest.

Be Cautious with Innuendos

While it's okay to make the occasional suggestive joke, avoid childish innuendos. These can make you come across as immature, which can be a big turn-off.

As a general rule, if it's something you'd say to your mates in the locker room, don't say it to a woman you're dating.

Here's an example of how to make a playful innuendo without crossing the line:

Her: “Have you been to Joe’s shopping centre?” You: “I have, but it’s always packed around the entrance on weekends.”
Her: “You should try the back entrance.” You: “Hold on, let me take you to dinner first before we talk about back entrances!”

This is lighthearted, and she’ll likely laugh, but it doesn’t come across as disrespectful or crass.

Understanding Rejection

Now let’s talk about a common scenario where women use indirect language to reject someone:

- “I need to find myself.”
- “I’m not ready to date or be in a relationship.”
- “I need to focus on my health/work.”

When a woman says something like this, she’s politely letting you down. The reality is, she *does* want to date or have a relationship—just not with you.

This kind of rejection is tough to handle because it can leave you with a sliver of hope. You might think, *Once she finds herself, she’ll come back*. Unfortunately, this rarely happens.

Women often use indirect statements like these because they hope you’ll read between the lines. What she’s really saying is, *I’m not interested*. So, why isn’t she direct?

Sadly, many women have experienced men who don’t take “no” for an answer. This is especially common if she’s incredibly attractive. Instead of accepting rejection, some

men become even more determined to win her over, sometimes crossing boundaries and making her feel uncomfortable or unsafe.

By saying something vague like “I’m not ready for a relationship,” she softens the rejection. This makes the man feel like there’s still a chance, and he might back off without getting angry.

But you must understand: she’s not waiting to be ready for a relationship *with you*. She’s hoping you’ll move on while she finds someone else she truly wants to be with.

A Personal Experience

Every woman has used a line like this at some point, even women who aren’t conventionally “beautiful.” I’ve used it myself, and I don’t even consider myself a stunner.

I remember being in university when a guy from my course asked me out. As a lesbian, I obviously had zero interest, but instead of being direct, I told him, “I don’t date people on my course.”

I thought this would save his feelings, but it backfired. He responded, “That’s okay—what about after the course finishes?”

Our course had just started, and it was a two-year program! For the next two years, this guy wouldn’t leave me alone, even after I started dating a woman publicly.

At one point, he even tried to get me kicked out of the course. It was a nightmare. If this happened to me—a self-

described “geeky woman” with glasses and a facial mole—imagine how often truly beautiful women experience this.

This isn't self-deprecation—it's realism. I'm confident, successful, and happy, but I know I'm not Marilyn Monroe!

Women, especially beautiful ones, use these indirect rejections as a defense mechanism. It's not personal—it's about safety. So, when a woman tells you she's not ready to date or needs to focus on herself, take it for what it is. She's just not interested.

How to Respond

The best response is to respect her decision. Say something like, “I understand. I wish you the best,” and go into no contact. If she changes her mind, she'll reach out.

But don't hold your breath—move on and find a woman who's excited to be with you.

Chapter Eight: How To Act After Rejection

The golden rule of dating (at least in my book!) is simple: **Never chase women who aren't showing interest.** Only invest your time and energy into women who are genuinely enthusiastic about you.

If you approach a woman you find attractive and get rejected, the best response is to smile and say, **“Hey, take it as a compliment! Have a great day.”** Then walk away confidently.

- **Do not linger around her.**
- **Do not ask her why she rejected you.**
- **Do not get upset or angry.**

The key here is to maintain your composure, respect her decision, and leave with your dignity intact. Walking away with grace signals maturity and confidence, which are attractive traits in themselves.

Dealing with Rejection When No Contact Isn't Possible

But what happens when you get rejected or friend-zoned, and avoiding her entirely isn't an option? Maybe you work with her, attend the same school, or share a social circle. It's tricky, but it's manageable.

If you're forced to see the woman who rejected you daily, your goal should be to maintain friendly, yet distant, interactions. And in some cases, if there was any initial

attraction, you might even reignite her interest. Here's how to do it.

Maintain Friendly Distance

Always greet her with a friendly, upbeat attitude, but don't linger. After a brief exchange, walk away. For example:

You: "Hey, how are you?" **Her:** "I'm good. How about you?"

You: "I'm doing really, really well. Have a great day! See you around!"

Then, move on. This interaction is brief and polite. If in the past, you stuck around too long, trying to keep the conversation going, your sudden change in behavior will catch her off guard.

The Power of Positivity

By maintaining a positive demeanor and saying you're doing "really, really well," you're subtly planting a seed of curiosity. She might start wondering, *Why is he so happy?* But because you leave the conversation quickly, she doesn't have the chance to ask.

If she's curious enough, she'll seek you out. This shift in your behavior can make her wonder if you've moved on, found someone new, or if she made a mistake in rejecting you.

Change Up Your Responses

To keep things interesting, don't say the same thing every time she asks how you are. Vary your responses to add mystery:

- “I’m feeling great, thanks! See you around!”
- “I’m on cloud nine! Gotta run, have a blessed day!”
- “Super hungry! I’m off to the buffet, enjoy the party!”

This variety keeps you unpredictable and adds to your newfound mystery. She’ll begin to wonder why you’re in such high spirits.

Leverage Social Media

If you're connected on social media, here's another tactic: post photos of yourself with other women. Women are naturally competitive, and seeing you with other women—even if they're just friends or family—can spark jealousy. She doesn't need to know who these women are, and it's better if you leave it ambiguous.

Avoid tagging or adding captions to these photos. Let her imagination run wild. Let her wonder who these women are and why you're spending time with them.

Keep Your Cards Close

If she asks about the women in your photos, never give a straightforward answer. Instead, say something like:

You: “A gentleman never tells.” Then, redirect the conversation. If she pushes for more details, respond with:

You: “Sorry, but I don't give away information like that—it's not what a gentleman does.”

If she gets upset or angry, remain calm and say: **You:** “You’re not my wife or girlfriend—I don’t owe you an explanation.”

Then, walk away. If she reacts negatively, she’s likely being controlling, and that’s a red flag. Most women, however, will appreciate your discretion, knowing you won’t reveal her secrets if you ever get close.

When She Reaches Out Again

If your new, mysterious behavior catches her attention, she may start reaching out—messaging you, calling you, or approaching you in person. When she initiates contact, it’s a sign that her interest might be growing.

This is your moment. Be bold. Ask her out again, but do so confidently. Say something like:

You: “We need to catch up. When are you free to hang out?”

If her attraction has increased, she’ll let you know. If not, she’ll reject you again. If she rejects you a second time, don’t ask her out again. Simply move on and continue dating other women. At this point, it’s clear that she’s not interested, and it’s time to stop wasting your energy on her.

Recognizing When It's Time to Move On

It’s important to note that these techniques only work if there was some initial attraction. If she has zero attraction for you, nothing will change that. But by respecting her space, being positive, and moving on confidently, you’ll earn her respect—and more importantly, you’ll preserve your self-respect.

If you do have to interact with her due to work or school, always maintain a professional tone. Keep conversations businesslike, and avoid any personal topics. By focusing on your own happiness and other opportunities, you show that you're in control of your emotions and your life.

Chapter Nine: Long Distance Dating And Relationships

When you're dating or in a relationship with a woman who lives far away, it's easy for things to get monotonous if you're constantly messaging each other. Communication can become repetitive, and over time, she might start to lose interest or attraction.

Even if she's deeply in love with you and her attraction is strong, constant communication can still wear down the excitement in the relationship. So, why take that risk?

Here's what I suggest you do:

First, address the situation honestly. Tell her that while you enjoy talking to her, you sometimes get busy with work or other commitments. Let her know that when you do talk, you want to be fully present and give her your undivided attention. Explain that by limiting how often you communicate, you can focus on her more deeply during those moments.

Next, propose a plan that adds excitement and anticipation to your communication. Suggest that the two of you set aside time for a weekly video call, treating it like a proper date. Plan for a 1-2 hour video chat where both of you can dress up, enjoy a meal together, and really connect. The goal is to make it feel special, something both of you can look forward to.

You could say something like: “I want to make sure that when we talk, I’m not distracted by anything else, and I can give you all of my attention. That’s why I think having a dedicated video date once a week will be really meaningful for us.”

Between these video calls, keep the communication light and focused on logistics, like scheduling your next virtual date or planning in-person visits. This way, the calls become a cherished event—something unique and valuable because it doesn’t happen every day.

However, there will be times when she might need more from you emotionally. If she’s messaging you more frequently and hinting that she misses you, adjust accordingly. Sometimes you might only video call once a week, but other weeks, you may need to chat two or even three times. The key is to be attentive to her needs and flexible in how often you connect.

A crucial piece of advice I always refer back to is Corey Wayne’s principle: If a woman is reaching out, it usually means she wants to see you or spend time with you. The same concept applies in long-distance relationships. If she’s initiating contact more often, don’t ignore it—she’s signaling that she wants more from you.

Of course, the ultimate goal of any long-distance relationship is to close the gap and come together permanently. Be proactive in making plans for this. As the man, you should take the lead in discussing how to bridge

the distance. It's up to you to initiate those conversations and make suggestions for how you can build a future together in the same location.

This concept of taking the lead isn't just relevant for long-distance relationships, but for relationships in general. I've experienced it firsthand in my own life. For example, when my wife and I were engaged, I was the one who started looking into wedding venues. Once I showed her one potential venue, she got fully involved and ended up doing most of the research. She planned about 80% of the wedding, but it all started with my initial leadership.

In this case, she needed that first step from me to get the ball rolling. It was my way of showing her that I was committed to the wedding and to her. In the same way, when it came to our child's first birthday, I suggested looking at venues for the party. Just like with the wedding, she took over the planning once I got the process started.

The takeaway here is that sometimes women are simply waiting for you to show that you care enough to take the lead. When you do, they'll often take over and run with it, asking for your input as needed.

So, in your relationship, especially when navigating the complexities of long-distance, be the leader. Start the conversation about how you can break the distance permanently and build your future together.

Chapter Ten: A Woman Should Be A Compliment To Your Life

A woman should complement your life, not be the main focus of it. While relationships are important, as a man, your primary focus should always be on your life's goals. These goals could be anything you are passionate about—something you want to create, a business venture, or even a hobby you're aiming to turn into a career.

If you are single, the key is to build an amazing single life first. Being unhappy with your life and expecting a woman to fill that emptiness or fix your issues will never lead to a fulfilling relationship. A woman should enhance your life, but she is not your reason for living.

Focus on the following areas to create a life that will naturally attract quality women:

- Regular exercise
- Finding inspiring male friends
- Building a career you enjoy
- Helping others without expecting anything in return
- Living a life of honor and integrity
- Developing excellent social skills

Let's break down these areas in more detail:

Regular Exercise

While there are countless books and resources about exercise and nutrition, I'm not going to dive too deeply into them here. What I will say is this: taking care of your body makes you more attractive and gives you more energy. Regular exercise and avoiding junk food will improve your physical appearance and mental health.

If you're serious about attracting quality women, improving your fitness is a must. The benefits are clear:

- More energy
- Better-fitting clothes
- Increased pride in your appearance
- Higher self-esteem from discipline
- A longer, healthier life

A woman will notice the confidence and vitality that come from taking care of yourself.

Find Inspiring Male Friends

The people you surround yourself with have a massive impact on your life. Make sure the men you associate with are pushing you to become the best version of yourself. Avoid spending time with people who drag you down or engage in destructive habits.

For example, if most of your friends are smokers, the likelihood of you picking up the habit increases because of the power of association. The same goes for other bad habits. You've likely heard the saying that we become like

the five people we spend the most time with. If your buddies are heavy drinkers, smokers, or are wasting their money on gambling, you'll probably end up doing the same.

Why not seek out friends who encourage you to excel—whether it's in your career, your fitness goals, or your relationships? If you don't have friends like this, be proactive. Ask yourself:

“Where would I find the kind of men I want to be friends with? What would they be interested in? How would they spend their time?”

If you struggle to find these friends in person, start by consuming content from positive male influences online. That way, you're surrounding yourself with empowering messages until you can meet people like that in your daily life.

A Career You Enjoy

Let's face it: you'll be spending a significant portion of your life working. So, it's crucial to find a career that you enjoy and feel passionate about. Every job comes with its pressures, but it should ultimately inspire and motivate you.

I love my job as a coach, but there are days when I face stress—whether it's dealing with a tough client or a technical issue with my website. Despite that, I feel fulfilled when I see a client succeed or get positive feedback on a YouTube video I've posted. The bad days come, but the good ones always outweigh them.

Most people have a dream career they wish they could pursue, yet they often feel stuck in jobs they don't enjoy. My advice? Do whatever it takes to transition into a career that truly fulfills you. When you love what you do, it shows in every aspect of your life.

And when you're dating, being passionate about your job makes you more attractive. If you're excited about your work, it's contagious, and she will appreciate your positive outlook.

However, if you're in a job you don't like while you're pursuing your dream career, resist the temptation to complain. Complaining about work won't make you more appealing. Instead, frame your situation positively, like this:

"I'm currently working at a warehouse, but my goal is to become a relationship coach. For now, the warehouse job helps me save money while I pursue my dream."

By presenting your situation this way, you're honest but optimistic, showing that you have ambition and are actively working toward your goals.

Helping Others Without Expectation

Being of service to others is one of the most fulfilling things you can do. When you help someone without expecting anything in return, not only does it make you feel good, but it also raises your serotonin levels—the hormone responsible for feelings of well-being.

As Wayne Dyer teaches in *The Power of Intention*, kindness benefits both the giver and the receiver. Helping others makes you a warmer, more approachable person, which naturally attracts women.

Ways to be of service include:

- Helping an elderly person with their groceries
- Offering a genuine compliment to a stranger
- Volunteering your time
- Paying for someone's coffee
- Offering advice on forums like Reddit or Quora
- Supporting your friends' businesses

If you think, *"What's the point? People are rude and won't appreciate it,"* remember that the real reward is how you feel afterward. You're becoming a better person, regardless of how others react. And over time, the good energy you put out into the world will come back to you, often from unexpected sources.

Living a Life of Honor and Integrity

Living with honor and integrity means aligning your actions with your values. Think about what you value most in life—whether it's honesty, health, or kindness—and ask yourself if your actions match those values.

For example:

- You know exercise is important, but are you doing it?

- You know gossip is hurtful, but are you still engaging in it?
- You know junk food is unhealthy, but are you still eating it regularly?

Living out of alignment with your values lowers your self-esteem and makes it hard to respect yourself. To live a life of honor, you must be disciplined in the areas that matter to you. Stand up for what you believe is right, even when it's difficult.

I remember once being in Poland with some friends. We saw a woman being harassed by a man outside a bar. My values told me to step in, but fear held me back at first. Eventually, I couldn't stand by any longer, and I told the man, *"She doesn't want to talk to you."* That small act restored my self-respect. It wasn't about being a hero; it was about doing what I believed was right.

Develop Excellent Social Skills

Social skills are crucial, not only in relationships but in all areas of life. If you struggle to talk to women, it's likely you need to improve your general social skills. The more you practice speaking to people—whether they are men or women—the better you'll become.

It's easy to talk to colleagues or friends you know, but can you strike up a conversation with a stranger? The ability to engage anyone in conversation is a powerful skill, and it starts with simple, everyday interactions.

Here's what you can do:

- Start chatting with strangers in public places—on public transport, at the grocery store, or in line at a coffee shop.
- Bring up small, casual topics like the weather or something happening in your environment.
- Practice making people smile.

When you're comfortable engaging strangers, you'll find it much easier to talk to women you're attracted to. And if things are going well, don't be afraid to ask for her number with confidence. Remember, the worst that can happen is she says no. But you'll never know if you don't take that first step!

Chapter Eleven: The Chapter You Will Want To Skip But Don't

You need a grand goal for your life—something bigger than just your romantic relationships. While love and relationships are important, they should not be the center of your universe. When you make women and romance your top priority, you risk several things:

- Becoming needy
- Diminishing your masculinity
- Acting like the “nice guy” women often lose interest in

On the other hand, having a grand goal for your life brings immense benefits:

- Increased confidence
- Stronger integrity
- Enhanced masculinity
- A sense of purpose and direction

You might be thinking: *But I don't have a grand goal! I don't even know what my purpose is. How can I figure that out?*

It's okay to feel a little lost, especially if you're under 30. Many men are still trying to discover their true path in life at this stage. But this uncertainty can affect your relationships—if you've struggled to keep women

interested, it may be because you don't have a clear sense of direction. Women are naturally drawn to men who know where they're going in life, who have vision, and who are excited about their future.

It's not about trying to become super wealthy (though that's a fine goal too). The key is to have a vision, a goal you're passionate about—something that gets you excited. It doesn't matter what your goal is, as long as it inspires you. A man with a clear purpose, who works toward it with determination and passion, is always more attractive than someone drifting without direction.

But if you're still unsure of what that vision should be, don't worry—I can help you find it.

Discovering Your Grand Goal

Have you ever experienced goosebumps?

One of the best ways to uncover your grand goal is by paying attention to your emotions. Think about something that excites or inspires you, something that maybe even gives you goosebumps when you imagine it. That feeling is a sign—your purpose is calling out to you.

If you find yourself daydreaming about a certain career or life path, imagining all the cool things you could do in the future, take notice. That's where your heart is leading you.

You might be thinking, *Sure, I've dreamed of being a rock star, a successful public speaker, or a published author... but I can't do that. Those careers are for special people, not me!*

But here's the truth: the people who achieve those dreams are just like you and me. They weren't born with some extraordinary gift that you don't have. If one person can achieve something, then so can you—you just have to put in the work and dedication.

Yes, some people might have natural advantages in certain areas. For example, a tall person may have an easier time playing basketball. But even in basketball, there have been successful players who aren't tall. What matters most is effort and persistence. If you believe you can achieve something, and you're willing to work for it, you absolutely can.

Be of Service to Others

I've talked about this before, but it's worth mentioning again: if you don't yet know what your grand goal should be, start by being of service to others in some way. This can help you find meaning and purpose.

For me, being a coach is the best job in the world because I get to help people—and get paid for it. It's a win-win. Most of my content, like this book and my YouTube videos, is free for anyone to access. That makes it even better, because I know I'm providing value without charging for it. People can simply search for my videos or read my book without paying a cent.

The only time someone has to pay is if they want personal coaching from me, but everything essential that I teach can be found in my videos and this book. Sure, you might have

to watch a few ads or read through this book more than once, but all the information is there.

What I love most is that I can give everything away for free and still make a decent living. It's incredibly rewarding. Being of service to others in this way inspires me deeply and gives me a sense of fulfillment.

You don't have to become a coach like me (although you could if you wanted to!). The important thing is finding a way to give back that resonates with you. You could:

- Create music that brings joy to people
- Make people laugh through comedy or entertaining videos
- Craft beautiful artwork that inspires others
- Write a book that informs or entertains readers
- Start a blog that provides valuable insights
- Go the extra mile in your current job to make a positive impact

All of these are ways to serve humanity, and they each bring value to people's lives. Even something as simple as making people laugh is a form of service—it spreads happiness and lightens the burden of daily life.

The key is to experiment. Try out different things until you find what makes you feel passionate and excited. As Tony Robbins says, *"Live with passion!"* There is no better way to

live than to wake up every day with passion in your heart for the goals you are working toward.

Let Passion Guide You

If you're still unsure about your grand goal, that's okay. Finding your purpose is a journey, not a race. Pay attention to what excites you, what gives you goosebumps, and what fills you with enthusiasm.

Start by being of service to others, and let your purpose unfold naturally from there. Your passion will guide you in the right direction. The grand goal of your life doesn't have to be something world-changing, but it does need to be something that fills you with energy and excitement.

Whether your grand goal is to create art, build a business, or become an expert in your field, the important thing is that it gives you a sense of purpose and direction. And once you find it, your confidence, integrity, and masculinity will naturally increase. You'll radiate a sense of purpose that attracts not only quality women but also the right opportunities into your life.

So, embrace the journey, live with passion, and let your grand goal unfold before you.

Chapter Twelve: Another Chapter That You'll Want To Skip But Don't

Now that you have your grand goal, the next question is: how do you achieve it?

There's a popular NLP (Neuro-Linguistic Programming) technique for success that breaks it down into four steps:

1. Know your outcome.
2. Take action.
3. Assess whether it's working.
4. If not, try something different.

Let's dive into each step to understand how to apply this process in reaching your grand goal.

Step 1: Know Your Outcome

This step is simple but crucial. Knowing your outcome means being crystal clear about what you want to achieve. It's your grand goal—the vision that drives you forward. Whether it's:

- Becoming a multi-millionaire through your business,
- Establishing yourself as a successful soul singer,
- Writing a best-selling book about dragons,
- Earning a Ph.D. in Physics, or

- Becoming a manager at your company,

the important thing is that your goal is specific, and you can easily write it down in a way that you understand. You need to know *exactly* what you are working toward.

Step 2: Take Action

This is where things start to get tricky. Taking action sounds straightforward, but it can be a grind—sometimes an exhausting one. It's one thing to know what you want, but it's another thing to consistently put in the effort to get there, especially if it requires daily action over a long period of time.

The challenge lies not only in taking action but also in knowing which actions to take. It depends on your goal, but let's take the example of becoming a best-selling author. You might set a goal to write 2,000 words a day. Every day, no matter what. Another action could be submitting manuscripts to publishers or choosing the self-publishing route.

But what happens if you're doing all of this and you don't hit your target? What if your book doesn't become a best-seller?

Step 3: Assess – Is It Working?

This is where you evaluate your progress. Is what you're doing bringing you closer to your goal? If not, it's time to reflect. This step is critical because it's easy to get stuck in a

cycle of doing the same thing over and over without seeing results.

Maybe your first book didn't sell as expected. This doesn't mean you should give up on your dream—it means it's time to reevaluate your strategy. Did the publishers offer feedback? Could you rewrite parts of the book to improve it? Or should you consider self-publishing? Maybe the book itself wasn't the problem—perhaps it's your marketing approach, and a different method could generate better results.

Step 4: Try Something Different

If your actions aren't bringing you the success you want, don't give up—*adapt*. Try something different. Often, people quit right before a breakthrough. The key to success is being flexible and willing to pivot your strategy when necessary.

Let's continue with the example of a best-selling author. If your book isn't a hit after following the traditional publishing route, maybe self-publishing is the next step. Or perhaps it's time to write a new book, one that's even better than the first. Each "failure" is an opportunity to improve, refine your skills, and learn valuable lessons for your next project.

Persistence is everything. Just because one attempt didn't work doesn't mean your goal is out of reach. Remember, every effort sharpens your skills. As Steven Covey emphasizes in *The 7 Habits of Highly Effective People*, each

action you take is "sharpening the saw." Your first book may not be a bestseller, but it's honing your writing skills for the next one.

The Importance of Persistence

Whatever you do, never quit on your dream. Keep going, keep adapting, and keep learning. You never know which effort will be the one that makes the difference. Maybe the next book you write, the next business strategy you try, or the next relationship you build will be the one that catapults you to success.

Even if you do get published but the book doesn't become a bestseller, you're still one step closer. You've gained valuable knowledge, learned from the process, and become a better writer. Success is often a matter of perseverance and resilience.

You didn't waste time writing that first book; you were sharpening your skills and building the foundation for future success. Each attempt is a stepping stone toward mastery. The more you persist, the closer you'll get to achieving your goal, whatever that may be.

Time Is Your Greatest Asset

Time is going to pass whether you take action or not. One day, you'll look back on your life—do you want to have tried and created something amazing, or do you want to have played it safe, never really pursuing your dreams?

There's a famous quote that goes: *"Reach for the moon, because even if you miss, you'll land among the stars."* This rings true for anyone chasing a grand goal. Even if you don't achieve *everything* you set out to do, you'll be far ahead of where you started. The journey alone will transform you into a person of high value.

Like Attracts Like

When you live with purpose and pursue your dreams, you'll also notice an interesting phenomenon: like attracts like. If you aspire to greatness, you'll naturally become a high-value man, and high-value men attract high-value women. You'll find yourself drawn to women who are equally ambitious, driven, and supportive. The drama-filled, toxic relationships of your past will become unappealing as you grow and evolve.

This principle extends beyond your career and personal life. By going after what you want, you create a winning strategy for all areas of your life, including romance. The confidence, purpose, and fulfillment you gain from pursuing your grand goal will make you more attractive to women, not out of neediness, but because you're living a life of true purpose. Women are naturally drawn to men who have a clear vision and who are committed to achieving it.

Final Thought: Go All In

So, why not give it your best shot? You have nothing to lose and everything to gain. Even if you don't hit every milestone, you'll be far better off for having tried. Your

grand goal will not only give you direction in life but will also attract the kind of partner who values and supports your ambitions.

Go for what you want, stay persistent, and never stop improving. Success isn't about reaching a destination—it's about the journey, the lessons learned, and the growth you experience along the way. You've already taken the first step by defining your grand goal. Now, it's time to take action, adapt when needed, and keep pushing forward.

Chapter Thirteen: Breakups

Let's talk about breakups—how to handle them, and how to heal afterward. If you're interested in a step-by-step guide on *How to Get Your Ex Back*, I've covered that in detail on my YouTube channel, Christine Loveridge, where it's available for free. So, I won't dive deeply into those specifics here.

But what if *you* are the one who wants to end the relationship? Maybe things have shifted, and you feel it's time to part ways. While breaking someone's heart is tough, sometimes it's necessary, especially if you've grown apart or things just feel off.

Of course, the first step is always to try working through your differences. However, sometimes people genuinely fall out of love, and the healthiest option is to go your separate ways. If the thought of spending the rest of your life with your current partner fills you with dread, it's probably time to consider ending things.

There's no easy way to break up with someone, but you can approach it with as much kindness and care as possible. How she responds is beyond your control, but if you handle the breakup with love and respect, you'll know you did your best. Her reaction—whether anger, bitterness, or even revenge—is her responsibility, not yours.

What if *You* Get Dumped?

Now, let's talk about the other side—what if *you* are the one who gets dumped? Especially if it's unexpected, the pain can be intense. Here's a list of steps to help you navigate the aftermath:

- Accept the breakup
- Don't beg
- Apologize for any mistakes
- Wish them the best
- Go into no contact
- Take time to be single
- Engage in activities that build your confidence
- Find someone new when you're ready

Let's go into each of these in more detail.

Accept the Breakup

If she wants to leave, let her. As hard as it is, if someone no longer wants to be in your life, there's little you can do to change that. Acceptance is the first step to healing.

Don't Beg

Don't plead, don't cry, and don't try to reason with her to stay. Begging her to take you back won't work, and it certainly won't make her feel more attracted to you. In fact, it often does the opposite—she'll see you as desperate, which isn't attractive.

If you want to potentially re-attract her in the future, the best thing you can do is to display strength, stoicism, and emotional maturity. You need to show that you are not dependent on her for your self-worth. Even if your instinct is to fight for the relationship, recognize that if she has already decided to leave, chasing after her will only push her further away.

In some cases, she might even be testing you to see if you'll fight for her, but this kind of manipulation reveals she's more interested in controlling you than loving you. If that's the case, she's done you a favor by ending the relationship. Let her go, and let her play those games with someone else.

Apologize for Any Mistakes

Before you officially part ways, it's important to clear your conscience. If you know there were areas where you could have been a better partner or where you made mistakes, take responsibility for them. Apologize sincerely—not as a way to win her back, but to cleanse yourself of guilt and move forward with a clear heart.

This is not begging. Apologizing for your wrongdoings is a mature and strong action. It shows that you're capable of owning your part in the relationship without shifting all the blame onto her, even if she was the primary reason for the breakup.

By apologizing, you demonstrate emotional maturity and integrity. You're showing that you can handle tough

situations like an adult, which will help you move on with a clear conscience.

Wish Them the Best

Your final interaction with her should be one of positivity and grace. Wish her the best in life, regardless of how hurt you may feel. This doesn't just benefit her—it benefits you too. Walking away with bitterness or vengeance makes you look weak. But wishing her well shows that you are strong, and that you can rise above the hurt.

Even if she doesn't reciprocate your well-wishes, stay grounded in your own strength. This is about *your* emotional closure, not hers.

Go into No Contact

Once the breakup is final, go into no contact mode. This means no texting, no checking her social media, and no trying to bump into her “accidentally.” The no contact rule is powerful. If she ever wants to come back, it has to be on her own terms—after all, she was the one who chose to leave.

While there's no guarantee that she'll miss you and return, by sticking to no contact, you preserve your dignity. You stay strong and give yourself the space to heal. Even if she never reaches out, you'll know that you handled the breakup in the best possible way.

Take Time to Be Single

It's crucial to take a few months (or even longer) to be single after a breakup. Jumping into a rebound relationship isn't healthy—it's often driven by insecurity and the fear of being alone. You don't want to mask your emotions by rushing into something new.

During this time, focus on building a life that you truly enjoy. Your life should be fulfilling and rich on its own, so that any future relationship is just the cherry on top, not the entire cake. Rebound relationships are often a sign that someone dislikes their own life and thinks a new relationship will fix everything. But you know better than that, right?

- You understand that you need time to reflect on your past relationship.
- You know that it's important to assess what you liked and didn't like.
- You'll take the time to figure out what you can do better in the future.
- You'll allow your emotions to heal and settle.

By doing these things, you'll be in a much better position for your next relationship.

Do Activities that Build Your Confidence

After a breakup, your self-esteem may take a hit. It's essential to engage in activities that rebuild your confidence and make you feel empowered. However, this doesn't mean you should suppress your emotions or pretend you're fine

when you're not. It's okay to feel bad for a while—breakups are tough!

But feeling bad doesn't mean you should spiral into self-destructive habits. Don't turn to heavy partying, excessive drinking, spending money recklessly, or other behaviors that might give you temporary relief but leave you feeling worse in the long run.

Instead, focus on habits that will improve your life, such as:

- Eating healthily
- Exercising regularly
- Being creative
- Spending time with loved ones

Sure, it's okay to unwind and have fun, but aim for balance. Let's say an 80/20 rule: 80% of the time you engage in activities that improve your life, and 20% of the time you allow yourself some indulgence—whether that's having a beer with friends or treating yourself to your favorite comfort food.

Find Someone New (When You're Ready)

Once you've healed, and you feel stronger, it's time to open yourself up to new relationships. However, don't settle for someone who doesn't excite you. Your goal should be to find someone even better than your ex—a woman who meets your new standards and with whom you can build a stronger connection.

Use the advice in this book to help you find a higher-quality partner, and follow the dating guidance to ensure you keep her interested. The key is not to rush but to wait until your emotions have fully settled and you're genuinely ready to move on.

A Personal Story: When My Ex Came Back

Before closing this chapter, I'll share a story from my own life about an ex who tried to come back into the picture. It serves as an example of what to watch out for if your ex reaches out to you after the breakup.

After we broke up, my ex unfriended me on Facebook. I didn't hear from her for about three weeks, and then out of nowhere, she re-added me. This is when I first realized the power of no contact. By that point, I had moved on and didn't care about the relationship anymore, which I think she sensed. I was no longer emotionally attached, and she could feel that I was done.

Curious, I accepted her friend request. A few days later, she messaged me asking how I was doing. She had broken the no contact rule! We exchanged messages for a bit, and I briefly considered meeting up, but ultimately, I decided to cut off communication. I had no desire to reignite what we had.

If your ex comes back into your life, it's up to you to decide if reconciliation is worth it. In my experience, it's rarely a good idea to go backward. There's a reason your ex is your ex, after all. Send them love mentally, wish them well, and

move forward. There's someone better out there for you—
and you deserve to be with a woman who truly values and
uplifts you.

Conclusion: This Is Just The Beginning For You

If you follow the guidance laid out in these pages—if you truly internalize it, imprint it into your mind, and embody it in your daily life—you will start to notice that everything is always working in your favor. Even the difficult, painful experiences life throws your way will have something valuable to teach you. Over time, you'll develop a sense of ease, where life feels like it's flowing with you, not against you.

You'll begin to walk through life with a new energy, and people around you will sense it. They might even say it seems like everything you touch turns to gold. Your presence will carry an aura of confidence, peace, and positivity that draws others in. Your life will become brighter, fuller, and more magical than you ever thought possible. You'll be amazed at just how well things seem to go for you, as if the universe itself is conspiring to bring good things your way.

You will naturally release the women and situations that no longer serve you—those that bring anything less than joy and abundance into your life. Instead, you'll find yourself drawn to women who are peaceful, joyful, and uplifting to be around. Your relationships will reflect this shift.

Beyond romance, you'll also notice improvements in every area of your life:

- **Friendships** will deepen, becoming more fulfilling and supportive.
- **Your career** will advance, opening up opportunities you never imagined.
- **Family relationships** will strengthen, built on mutual respect and understanding.

You'll realize that the best part of your life is still ahead of you. And trust me—it truly is. There's so much waiting for you on this journey.

I want to take a moment to thank you, from the bottom of my heart, for taking the time to read this. It means so much to me that you've invested in your personal growth and are committed to improving your life. It's a powerful step, and you deserve to be proud of yourself for taking it.

Take a moment now to thank yourself for making this investment. Reading books like this one is one of the surest ways to become successful—not just in love, but in life. You've set yourself on a path toward growth, and that's something worth celebrating.

I would also like to express my deepest gratitude to my mentors—Corey Wayne, Mark Manson, Dr. Robert Glover, Tony Robbins, and Dr. Wayne Dyer. Their wisdom has shaped me, and I encourage you to seek out their work, whether it's through books, videos, or other forms of

content. Continue to deepen your understanding and knowledge; by doing so, you'll continue to evolve and grow into the best version of yourself.

Goodbye for now, my friend. I hope that one day, our paths will cross, and we'll get to sit down and talk about how great life is. We'll reminisce about the things that used to worry us and laugh at how small they seem now. We'll share stories of our successes and inspire each other to keep striving for greatness. We'll talk about how we took our shot at the moon—and how, even if we missed, we found ourselves among the stars.

But if we never meet, I hope that you live your life in a way that brings you lasting joy and pride. I hope you find true inner peace, and that your life is filled with inspiration and purpose. I hope you are never weighed down by bitterness and always choose kindness, no matter what. Most of all, I hope life blesses you in ways that are truly magnificent.

I believe in you.

Your coach and friend,
Christine

Now, go back to the beginning of this book and read it again. This isn't a one-time read—it's a resource to come back to throughout your life. Each time you revisit it, you'll uncover new insights, and those new insights might be exactly what you need to take things to the next level. Keep reading, keep studying, and keep applying the wisdom within these pages

until you become a master. This book is your guide, but the real magic happens when you live it out, day by day.