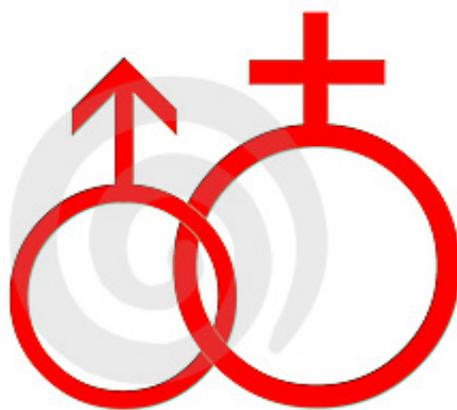


How YOU can meet the woman of your dreams



By Rino Solberg

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WHAT KIND OF WOMAN DO YOU REALLY WANT?

One of the strongest and best feelings in the world is the feeling of being in love and appreciated by someone. There's no limit to what some people will do to have this feeling of well-being.

Let me make it clear straight away whether you are 16 and have never kissed, or are 70 and tried just about everything, your dream woman is out there some place, and probably not just one place, but many places.

If you think there is only one person that is right for you then you're making a big mistake. In most successful marriages it's chance that brought the couple together and it's their ability to adapt and adjust to each other that is the decisive factor when it comes to them being right for each other.

If we look at divorce statistics, as a guideline, then over half the people who have fallen in love and got married didn't find the right person first time around.

Nor can we be completely sure that the people who do **not** get divorced found the right one anyway, but they may be happy enough to stay together just because the consequences of getting divorced are too great either for them or their children.

If you want to find the dream woman in your life it can be reassuring to remember there are more woman than men in the world, so the odds are absolutely stacked in your favour.

Unfortunately, in the same way as they don't teach you at school how to think positively, set goals or build your own self-confidence, they don't teach you how to attract members of the opposite sex either.

One generation after another starts from scratch with trial and error. And it's well-known no teenager will take advice from his parents on this particular subject. Most advice usually comes from people the same age, and you can imagine just how worthwhile that can be.

So let's start at the beginning by asking the question:

How can I find the right one for me?

My next question is: **Do you know what you are looking for?**

An old saying goes; "If you don't know where you are going, any road will get you there."

So find out what kind of a woman you are looking for before you start looking:

Is she tall or short, fat or thin?

How old is she going to be?

Has she never been married, or has she been divorced?

Is it a problem if she already has children?

Should she be well educated?

Is she a housewife or a career woman?

What interests does she have?

Does she like dancing?

Is she an intellectual?

Is she an extrovert or an introvert?

Are you looking for a marriage partner, a discussion partner or a business partner?

Or are you looking for a beautiful woman so you can bathe in her reflected beauty?

In my opinion, most divorces come from starting a relationship with far too flimsy a foundation, without people ever thinking about what kind of a person they want to spend the rest of their life with, before promising love and devotion until death do part.

You have to remember nobody is perfect, and nobody can be perfect, so it's more a question of how to accept the shortcomings of the one you have chosen to spend the rest of your life with, rather than trying to find the perfect partner.

It's my recommendation you write down all the positive things you wish that person has, at the same time write down all the negative things you are willing to accept and can live with.

As an example, it's a waste of time, if you are primarily looking for a housewife and a mother for your children, if you meet a woman who is in to equality of the sexes and women's liberation as her driving force, and who considers the role of being a housewife as degrading. The likelihood that you'll encounter major disagreements is so great it will soon lead to you breaking up.

It's a well known fact most people learn from their own mistakes, so it can be easier to find the right one for you after you having had several relationships, because that way you can avoid some of the things you don't want to happen again.

So the first important thing to do is to sit down and write down what kind of woman it is you want, and what qualifications she should have.

WHAT DO YOU HAVE TO THINK ABOUT?

When I was quite young I read an article in a magazine about that well-known Casanova figure called Don Juan. He talked about the five qualities in men he meant all women fell for, and went so far as to say that if a man had one of these qualities then he'd have no problem getting hold of a woman, and if a man had all five then he'd have a problem with all the women that flocked to him.

Here are the five qualities, not ranked in any kind of order:

1. **You must be polite**
2. **You must be intelligent**
3. **You must be eloquent**
4. **You must be able to take a risk**
5. **You must be humorous**

From my own experience I'd like to add three qualities that give good results:

6. **You must have self confidence**
7. **You must be positive**
8. **You must be financially sound.**

I'll never forget when I first started to try my hand at the first one, being polite.

I was 21 and separated for the first time. I started opening doors for women, and offering them a seat when they came to sit down, and I got up whenever they left the table.

None of the girls had ever experienced anything like it before and the results were almost immediate. All the girls wanted to dance with me, and after we danced I naturally offered them a seat before I went off and sat down myself.

I can't recall any other one single thing I've done that has given better results with women than being polite. That's why I've never stopped doing it.

When it comes to the second quality, about being intelligent, lots of people fit this category, as it's a well-known fact that being **intelligent** is more than just having a high IQ, as there are many ways of being intelligent. Some of them are:

**Being intelligent with words,
Intelligent at art,
Intelligent at music,
Intelligent at sports
Intelligent at logic,
Intelligent with people,
And being intelligent about yourself, just to name a few.**

One or more of these categories covers most people, and being clever with words no doubt covers eloquence.

It's also clear that if you are intelligent at music then it's highly likely that you will attract women interested in music, and it's probably the same for the other things one is clever at.

In connection with quality number 3, eloquence,; it's my experience that many women fall for a man who is able to articulate himself, and not least when he can say the right things to her.

Concerning Don Juan's fourth quality then obviously some women fall for a man who takes risks, as such a person can be very exciting to be with.

On the other hand, in my experience, most women are not particularly switched on by risk-takers, but prefer safety and security instead of risk and uncertainty.

I am in no doubt either about the fifth quality, about being humorous being a sought after quality. Many women fall for men who have a good sense of humour, and if one has a good measure of self-irony thrown in then this usually is all for the better.

When it comes to quality number 6 and self-confidence, I believe this is very important as many women fall for a man who believes in him self and what he is capable of achieving, and has clear goals for what he is going to do with his life. Many women feel secure in the presence of such a strong individual;, one who knows what he wants and how to get it.

Number 7, the ability to be positive and cheerful, is something everybody appreciates. Not many women seek the company of a grouchy grumbler that complains and whines about just about everything.

I have discovered that number 8, being financially sound, applies more and more the older one gets. When a woman is young it's primarily the feeling and excitement of being in love that is strongest for her, and a sound financial position is not uppermost, even though there are probably a good deal of young women who see it as a definite advantage.

However, what seems to be the case is that after having experienced various financial trials and tribulations, this point becomes more important for many women than first was the case, when they chose their man.

Something else to be aware of when you are looking for your dream woman is that women are often controlled more by their feelings rather than by logic, when making many of their decisions.

What this means in real terms is that if you can make a women feel important, then she will often overlook other more practical details. And the best way to make a woman feel important is the same as for a man, by letting her talk about herself.

Don't talk too much about you and yours, but let her talk herself and things that interest her. Show an interest in what she says and listen attentively, ask questions to show you are paying attention and she'll feel good about herself.

Another thing that can be well worth remembering when you choose a woman is to make sure she goes well together with any children you may have, your parents, your friends and your acquaintances.

Most women are preoccupied with their man's appearance and hygiene. The clothes you wear, how elegant you can be and how manly masculine you look mean a lot to her in this respect.

In order to have something to talk about with women, it's a good idea to read a woman's magazine now and then, to see what kind of articles women are interested in. Another thing that can be crucial to remember when you are looking for the woman in your life is that people never change.

Lots of people disagree with this statement because they believe they have changed a lot over the years. Most probably they have, particularly when it comes to the knowledge they have acquired and their attitude. But, however, it is a fact that our personality doesn't change. The way you were born is the way you will die.

It's well known that our genes and our environment determine how we develop, and for the sake of simplicity we can say that **genes** determine our personality and our **environment** determines what we learn and our attitude.

Both these things obviously have a lot to do with how you are as a person, but your personality is inherited and can't be changed.

That's why it's so important that you control the things you can tolerate, and the things you can't, when you choose a partner for life.

As an example, if you are an orderly person by nature, I can guarantee that you have probably been that way all your life, and that you will keep on being that way for the rest of your life. On the other hand, if you meet a woman who is messy and incapable of keeping her things in any kind of a system, then you might just as well give up straight away, as she almost certainly will never change.

There is nothing you can do to change this, far too many have tried and failed, it's simply just not possible. In certain areas we can of course improve somewhat, through learning, better systems and by changing ones' attitude a bit, but generally speaking one still stays the same. For my part I can't walk by a picture that's hanging crookedly without straightening it up. Yet there are lots of people who don't notice things like that.

It's vital that things match up in these basic areas, as the seeds for any number of disagreements can lay here.

SO WHERE CAN YOU MEET THE WOMAN THAT IS RIGHT FOR YOU?

The first choice today is normally Internet and some dating website. That can work well for someone and has indeed been the right choice for many people, particularly for people over 50 who have been through life and who have some problem being out every evening looking for a partner. However, too many have been disappointed after too many “online” dates and become disillusioned after some time, hence they start losing their self-confidence so that can be fatal for some. And one more thing, what you see online is not always what you get. But it can always be worth a try.

One can never dismiss the possibility that you can meet the person that’s right for you in any bar or discotheque, where strangers meet, but the chances are probably less here than in a number of other places.

If you are interested in politics, as an example, the probability that you will meet the right person at some political meeting, course or gathering is much greater than the likelihood of meeting that same person in a bar or some similar place.

If you have an interest in business, the chances are probably greater at seminars, on courses and in organisations such as Junior Chamber, Trade Associations and the like. It’s far easier to get involved in a relationship, where there are one or two aspects about a person you like, and where the five or six aspects you don’t like first make themselves apparent after you’ve been together for a while.

As Managing Director for a number of companies up through the years, I know how important it is to hire the right person when a vacancy needs to be filled. At the recruitment interview I normally try to expose both positive and the negative sides of a person to see if they are qualified or not.

Even though it’s not quite so easy to interview the woman who is going to be your potential partner for life, there are a number of ways you can ask about what is on your mind and other things. What’s important is that you don’t skip this stage, as the truth will come out sooner or later, and by then it can be too late.

There’s no doubt some people will disagree with my approach, and they’ll say that intuition and feelings must be allowed to steer what happens when choosing a partner for life.

However, I am convinced that many problems and pitfalls could be avoided if one took the time to think things through early on, and check out a number of issues.

If you’d like to characterise, in simple terms, what it is men and women are looking for in each other, my assertion would be that women are looking for character in a man, whilst men are looking for beauty in woman.

If you were on the lookout for a woman today, then I’d make up a list with the ten qualifications that your woman needs to have, and the ten things about her that you could never accept.

As a general rule I can tell you that if she should have even the slightest chance of being in the reckoning, then she must have at least five of the positive qualities and **not have** at least five of the negative ones.

A list like this can act as a guideline as to what you can expect in the years to come, and you can avoid throwing away many years of your life with the wrong woman.

You have probably heard the expression, “like plays best with like” and the other one that goes, “opposites attract each other”.

I believe that opposites probably can be attracted to each other, on a physical level and early on, but I have no doubt whatsoever that if you want a sound, life long relationship with a woman then “like plays best with like” is absolutely the most appropriate. If you have similar political viewpoints, schooling and interests, then there’s no doubt, in my mind, that the chances of success are greatest.

On this CD I won’t touch on the differences between men and women and how they think and feel differently. If you want to know more about this, you can get hold of an interesting book called “Men are from Mars and Women are from Venus”.

There are thousands of things women do, and there are thousands of things men do, that are typical for each of them, and that go together to make up the differences between men and women.

Amongst other things women are more sensitive and intuitive than men, who are more practical and analytical in their disposition. These are of course just general observations and not everyone can be regarded in the same way.

In today’s society there are lots of ways finding the right woman, and one of the more effective, in my opinion, is the use of contact ads in magazines for this kind of thing.

This way you exclude many people who are not eligible as the criteria in your ad can be very specific; you have only those who fit the description get in touch.

There are a numerous singles clubs you can join where it’s possible to come in contact with the opposite sex. In places like this there are often people with a common interest and even if you don’t happen to find the right one for you here, you can probably have a fun experience or two.

Apart from that it can be well worth remembering that someone always has to take the initiative, to start a conversation or to start a relationship. If you are too shy, and sit around waiting for someone else to take the initiative, then you are probably going to be sitting around waiting for a very long time.

Take the initiative, talk to the women you meet. You have everything to win and nothing to lose.

Most women look up to a winner, either at work, in sports or in life in general. Make sure that you always have a winner’s instincts and interests, it will generally be easier to attract women that way.

Even though we have equality of the sexes in today's world, when women often pay for themselves when taken out to dinner, there are few women who say no if you send a complimentary drink or bottle of wine to their table. This seems to be especially the case if a group of women are sitting together at a table, as they hardly ever refuse.

It's a kind of a safe approach from a distance that works both well and often.

Most women like men who are active, and if you are a determined person then women will often feel secure in your presence, and be attracted to you for that reason.

The way you treat a woman also has a lot to say. If you treat her like the most important person in the world, she'll feel that way, and really appreciate you as a man.

Something you should remember to do is to take time to be together with your woman. You can see to it that you get quality time at work, but when you are at home it's more about quantity. Take time to go for a walk now and then, or for a drive, not to mention go shopping together, as that's something nearly every woman appreciates.

A woman who lets trivial matters irritate her can make a lot of trouble for many a man. There are thousands of small things you need to be aware of in your daily lives together.

One thing can be how you squeeze the toothpaste tube, or if you don't clean the basin properly after you finished shaving, or if you leave the table without clearing up the dishes, or the way you leave your shoes in the hall, or how you hang your clothes up, how you eat, how you dress, how hygienic you are, how you behave and how you use the TV remote, just to mention a few.

A loud temper has ruined many a marriage, and an uncontrolled temper in particular usually ends up with an argument.

Another thing worth considering if you are the jealous type and looking for a partner for life, is that you ought to watch out for extrovert women, as this will probably cause you problems later-on

The way things end up here are that you either have to restrain her in some way, and that usually doesn't work, or you have to change your ways so you never get jealous any more.

If you are jealous or not usually depends on how self-confident you are, and what kind of a relationship you have together. If you trust her no matter what, then it will be easier for you, but if you have your doubts then you've got a problem.

I once heard of a couple that disagreed on an important issue, she wanted a large church wedding and he didn't want to get married at all. This is not an easy basis to work from.

THE FIRST DATE

Here are some suggestions where you can take a woman on your first date:

Take her some place where they have a stand-up comedian, because an evening that starts with lots of laughter can easily help move the conversation forward as the evening goes on.

Another thing many women appreciate is being taken for a picnic outdoors with something a little extra in the basket, and preferably some place that's at least a bit romantic.

If you want to take her someplace that's both fun and a bit different, then you can take her to an auction. There's usually quite a lot of excitement in the air at auctions, and most women seem to appreciate it. And if you can afford it, maybe you can buy her a small gift of something that's being auctioned off.

Why not take her to a park where she hasn't been before, it can soon turn out to be a bit of an adventure and there's often romance in the air in places like that.

If you want to be creative you can take along a camera and invite her to a place that is particularly pretty. Here you can take pictures of each other, each using your camera, and you can even compete on taking the best picture. This way you can be sure to get a second date as you must, of course, get together again to discuss the pictures after they have been sent to both.

Another suggestion is to invite her to dancing classes if she is interested. Dancing classes are usually arranged across several evenings so you can be certain of getting together more than once, at the same time you get to come close dancing.

Another way is to invite her home for a dinner prepared by you. Even if you can't cook, you can order in, either you choose pizza or something a little more sophisticated. A setting like this can be quite romantic if you want it to.

Here are some things to remember if you want to make a good impression on the one you are going out with:

First of all, it's important to ask questions and listen to the answers.

Never fall in to the trap of talking too much about your self at the beginning.

When she has finally talked enough about herself and starts to ask about you, then is the best time to talk, not before.

What you have to do next is make her feel important, when she's together with you.

There are many ways to do this, and listening actively is one of them. Another method is to show her that you are impressed by something she has done and a good question to ask in this connection is: "Did you really do that?" or "That's really quite something!"

You ought to make a mental note of some of what she's told you so you are sure to remember it next time you meet, then you can confirm you are a great admirer of her and the things she's done.

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Another good idea, after you have been on a date, is to make it a habit to call her and thank her for an enjoyable evening and to tell her specifically **why** you thought it was enjoyable. At the same time you can ask her out for your next date, and depending of how the evening went you should be sure of the next one.

Most people will want to know how the other person felt, and the day after is the day most people think about that. For that reason it can be a wise choice to call her, to give her the feedback she needs so she feels good about herself.

DO YOU REALLY WANT A WOMAN FOR LIFE?

Let me ask you a question, “are you really certain you want to have a permanent relationship with one woman?” Too many men, especially after their first adolescence or their first marriage is over, have a tendency to be desperate to find a partner for life.

Never lose sight of the fact that you are not alone. Just in America there are over 93 million single people. Many of these are obviously looking for a partner, yet others are happy to stay single.

Have you asked yourself the question, “What’s the reason I absolutely must find a partner for life?” What do you really want to get out of such a relationship, apart from the fact that you don’t want to be alone?

In the same way as many people come to a point in their lives when they make their mind up that they, as an example, don’t want to have children, because the disadvantages outweigh the benefits, and they decide to remain childless. It’s the same with relationships; there will always be benefits and disadvantages.

The question really is, therefore, “do I need a woman?” and if the answer is in the affirmative, then ask, “Why do I need a woman?” When you have written down your answers and thought them through, then you’ll have a better starting point from which to work from.

A word of warning, don’t worry about if you are going to find the right one for you, anybody can, so all you have to do is start looking. And to start with, you have to take the initiative, because nothing just happens. Remember the old saying, “Nothing ventured, nothing gained”, so if you want to get something you must do something.

Another thing you should never forget is that the one you want should be completely over any previous relationships. It can be previous loves, previous marriages or whatever; the important thing is that she is finished with them and ready for you.

Remember that falling in love is not something reserved for teenagers, even though they are more preoccupied by it, and less critical, and consequentially fall in love more often than older people. If you are passed your first adolescence, or midway in life, you mustn’t forget that falling in love can happen to anybody at any age.

Have no doubt, when love comes knocking you’ll know all about it. A number of chemical reactions start to happen in different parts of the brain. The **cerebrum** is the centre for love and affection and stores impressions from your childhood, triggering the chemical reactions of when you fall in love.

Then you have the **limbic area** of the brain, also known as the centre for your feelings, with switches that trigger and increase the body’s natural amphetamines.

You also have the **oxide toxins centre** with its binding agents that influence your desire to have a stable relationship.

There's also your centre for **endorphins** that produces that warm glow of well-being and security when you're in love.

Last, but not least, there's the **hypothalamus**, the centre for sexual arousal that channels the signals from the limbic area and cerebrum into the desire to have sexual intercourse.

In other words, a lot happens when we fall in love, and we have absolutely no idea where it all comes from, it just happens. This is one of the reasons why the pleasure of having sex is much greater when you are with someone you love, rather than with some casual acquaintance.

We usually enter into casual acquaintances for one reason only, and that's excitement, and it soon passes, so that if we don't have any other or stronger feelings, then the relationship quickly goes down the drain.

Lots of research has been done that shows that the feelings invoked by love and affection can be compared to the feelings invoked by certain types of narcotic substances. You can become indifferent, say stupid things and not care about the consequences of your actions.

Because of this it's easy to say that being in love is like being naturally high, using **natural** narcotics. It's just the same with the endorphins that are released when you are in love; they create a tremendous feeling of well-being.

BUT WHAT IS IT THAT MOTIVATES US TO HAVE A PARTNER FOR LIFE?

To fully understand this we have to look more closely at motivation and what it is that motivates human beings. We have to remember that motivation is not a constant, it changes all the time, for different people in different situations.

What motivates us today is not necessarily that which will motivate us tomorrow. In addition, we are no longer willing to use the same amount of effort to achieve again that which we achieved previously and which was previously our driving force.

Motivation is really based on two main factors, the **desire to achieve happiness** and the **fear of avoiding pain or problems**. When it comes to wanting a partner for life, both factors come in to play.

We don't want the pain of being alone for the rest of our lives, and we do want the pleasure or happiness of being in the company of another person we like.

Both these motivational factors are strong, and ever present in this situation, but it is up to you to find out which one of them is the most important.

And in addition to everything else that's important, if you make a T-account with all the pain and problems that go with being alone on the one side, and all the joy and happiness and positive achievement on the other, then I'm sure you will soon find out which is best for you.

With regard to this relationship you want to establish with someone else, it's important to keep in mind that every one likes to have fun. In principle this means that if you can make your partner happy, then your chances of success are highest.

A good idea, at your first meeting, is to ask you potential new flame if she has any special wishes or dreams in life. Quite often this question leads to her telling you about her big dream, and what she relates to you will give you a good idea of what her innermost thoughts are, and what concerns her most.

DANCING HELPS THE IMAGE

Your image will, to a great extent, determine whom you meet along your way. It is, therefore, crucial you make up your mind what kind of impression you want to make, so you can attract the right kind of person, one who wants to be with the kind of man you are.

You must dress, walk, stand and behave as if you are the person you want to be, before you can become that person. Put another way, “You are what you think you are”.

You must dare to ask. When I was very young I couldn't dance very well, and obviously this was a handicap whenever I went to a dance. More than once my friends, who were good dancers, had a clear advantage over me.

When I found the girl that had the appearance I was looking for, and was really attractive, I had a problem making contact with her. The reason was just because I couldn't ask her to dance. Time and time again my friends got the best girls, and mostly because they were good dancers.

I made my mind up there and then that was the last time, and I started dancing as often as I could, and before long I had become really good. From that day forward it has never been difficult to make contact with members of the opposite sex.

I'd go so far as to say that if you are a really good dancer then your chances of making contact with members of the opposite sex are increased many times over. So don't hesitate, start improving your dancing skills and you won't be alone any more.

Whilst we are on the subject of dancing, it's important that both of you like to dance. If you are a man that doesn't like dancing and you have a woman that does, then I hope you are the strong type that doesn't get jealous. If you are the jealous type, and your woman likes to dance, then the scene is set for plenty of disagreements in the years to come.

Always remember, modesty is not a virtue, at least not when it comes to getting women. In front of every attractive woman stands a long line of admirers, and there's no point in being at the back of the line.

You have to make sure that you are either seen, heard or taken notice of in some way, unless of course you are so attractive that women are lining up to get hold of you.

By way of interest I'd like to mention I once had a friend who was quite cheeky. If he saw a pretty woman he went up to her and told her he thought she was so incredibly attractive and asked if he could kiss her. And, as he says, he got many strange looks and some told him to get lost and worse, but he did get quite a few kisses and later on good friends.

It's not exactly a technique I would recommend, but it does illustrate that you have to do something in order to get something.

There's a big difference in what women are looking for, depending on their age. A younger woman is primarily on the lookout for looks and appearance in a young man; they fall in love frequently and change partners often. At this stage both boys and girls are at a

learning stage, and there isn't much else than just physical attraction that forms the basis of their relationships.

Another stage in life is when both have been married and divorced and are ready for marriage again. In cases like this, the man is usually looking for a new wife, and the reason for the divorce could have been one was fed up with different things about one's partner, and broken up for this reason.

During this phase it is important to know exactly what you do **not** like, when it comes to qualities in a woman, in order that you can focus on looking for just the type of person that meets your requirements. A woman, in the same situation, is also more deliberate in her choices during this stage of her life.

At this stage the need for being sound financially usually plays a much greater role. After each marriage that ends up on the rocks, both parties usually end up financially worse off, and they want to get out of this situation as quickly as possible. So it's no handicap if you can send signals you are financially well off, either with the way you dress, the car you drive, the job you have or the house you live in.

Most women like a man that's generous and not stingy, when going out together. One obviously can't, however, ignore that many women want to pay for themselves to keep their independence, but they are in the minority.

One of the most important qualities a man can have is that he is honest with his woman. Women's intuition is much stronger than men's, and they know what's phoney and what's real, and for this reason alone it pays to be honest. There are, of course, many ways in which to be honest and the main thing to remember is "**mean what you say, and say what you mean**".

One can be **too** honest, and then things backfire and you can hurt the other person. So never forget, "mean what you say, and say what you mean".

One of the worst places I can think of to go for a date is the cinema. To sit pacified for two hours is not exactly the best way to get to know each other, and I can't recommend it for your first date. It's something completely different if you are very young and you're on the back row necking in the dark, something that was very popular in my day. Many a youngster has had their first French kiss on the back row of their local cinema.

BODY LANGUAGE

Body language is the subconscious non-verbal language made up of the signals we send to other people, without really thinking about it, but that everybody understands reasonably well. That's why it's so important you pay attention to the signals you send. Let's consider what's known as the outer body language first, it's the signals you send to others without using any body or physical movements.

It can be the way you dress, your jewellery, your haircut, piercing or tattoos, the colour of your skin, the title on your business card, the car you drive or the house you live in.

All these things send messages to a woman about who you are and what you like. Don't forget, the woman can have made her choice already at **this** stage.

When it comes to what we call inner body language, this has to do with how you use your body, both your facial expressions, the way you stand, how you use your eyes, and not least how you gesticulate with your hands and body.

Remember, most people judge you by the first impression you make, and thereafter by what they hear, it either confirms their first impression or lets them think about giving you a second chance.

What you have to remember is that the first contact has primarily to do with our eyes and what we see. And if a woman likes what she sees, she's usually willing to listen, which is the next phase.

There are, by way of an example, many ways to get a woman's attention, just by using ones' eyes.

Most women that are interested in you will cast you a quick glance to get your attention and immediately look down, usually followed by a slight smile. If you experience this kind of body language from a woman when you look at her, then there's a good possibility it will lead to something.

If, on the other hand, she doesn't look down, but straight through you, without smiling, then that's not so good. If you can catch her eye once, twice or three times, and she is on the verge of smiling, then you can give her a little wink. Pay close attention to what happens next. If she is still smiling when she looks away, then she is definitely interested.

Your next step ought to be to make contact; either by asking her for a dance, or by saying that you simply must talk to her, and ask if she has a moment. Don't wait for an answer, just smile and sit down.

You need to be bold if you are going to succeed. And whilst on the subject of body language, I'd like to mention a couple of things about wedding rings. If you are married, separated or engaged and wear a ring like this when out on the town, there are some things you should know about how women think.

Depending on what you are looking for, a one-night stand, or a partner for life, you need to be aware of the following. About half the women that are single will generally not be interested in you if you are wearing a ring, but the other half still may be interested despite of it.

When it comes to married women, the numbers are about the same, about half will be interested and half will not. There's something else to consider too, it's a fact that some women will see an intimate relationship with a married man as being safest, as his ring means he's not looking for a permanent relationship.

What this means is that a married man who takes off his ring does not necessarily have any higher chance of scoring that if he left it on. Nor can one dismiss that if you have an unhappy marriage and are looking for a change, maybe you can find a woman with a similar problem in her marriage.

I'm sure you realise it is not possible to give one single answer as to what to do about wearing a ring, so my advice is to keep it on as long as you are married, and take it off when you are no longer in a permanent relationship. Honesty in a case like this always pays off.

If you are in any doubt as to what women think about most, and what kind of life they want most, then study which magazines and books they read, and the TV programs they watch, and you'll soon discover that most women are more romantically inclined than men and most of them yearn after a life of glamour.

It may also be a bit controversial, but the fact is that most women want a man who is masculine, and as soon as they have got hold of one start trying to transform him in to a more sensitive and gentle person.

In most cases this ends up with them starting to dislike the person they have created and end up taking a lover, who resembles the man they had in the first place.

Nor should one forget that both men and women have a tendency to relax once they've got what they were looking for. Both the positive qualities and that fine figures they once had, gradually disappear. Routine takes hold, and often heralds the end for many marriages.

In cases like this it is vital to have an open communication, in a civilised manner, to shed light all the shortcomings the other part has, and be strong enough to listen about ones' own shortcomings, without taking it personally. It doesn't take much to break negative habits if you are in agreement about them.

WHAT WOMEN LIKE AND DISLIKE?

- Good looks and an attractive body appeal to a woman. But be aware that only a few women fall for the muscular bodybuilder type.
- Women prefer men who are taller than they are, but this is not the deciding factor if the personal qualities are in place.
- Women generally prefer men older than they are; this is probably because younger men are less sensitive than women are.
- Women like men with ambition and leadership qualities. He ought to be ambitious about money too, as women, more than men, are concerned about their family's security.
- And if you think you are getting too old for one thing and another, take heed, women don't always look at it the same way. There are a good number of younger women that prefer men a good deal older than they are. Men, however, usually prefer women younger than they.
- Women like men to notice when they change clothes, change their hairstyle or change other things; so be on the alert.
- A man ought to be neat and clean and have freshly ironed clothes, and it's not much help if you are neat and clean, but your shirt looks like its just been dragged out of a sack. You'll still look unkempt.
- A body language issue to think about is having a beard. Women are divided on this one. I have asked many women their opinion and 70 to 80% say they prefer clean-shaven men to bearded men. As so many women have no interest in bearded men, I know what I'd do if I was looking for a new partner for life.
- A man ought to have a good sense of humour and good social antenna. He ought to be sociable and at ease with friends, both with men and women.
- Since women are more romantic than men, then men must make an effort to keep up, and here the keyword to make a note of is; **surprise**. Being romantic is generally about surprising a woman with something special, either candles at the dinner table, a present she doesn't expect, asking her out to dinner, a picnic outdoors, a love letter when she least expects it, as all these little things mount up and create a romantic picture.
- I'd dare to say that even though most men are not romantics, they would nevertheless make that little extra effort if they knew the benefits and opportunities doing so can create in a woman. That's why it's often easier for a lover to outdo a husband, because a husband has stopped making an effort, and routine has taken over.
- A lover is willing to use both time and effort to get a woman, and therefore needs very little to compete with a married woman's husband in this area. One can't, however, dismiss that there are some men who are romantics and always will be. But

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they are in the minority, that I'm sure.

- The cause of many of these differences between men and women comes from women basically being driven by feelings and intuition as compared to a man's more result oriented and practical approach.

IMPORTANT MESSAGE ON THE NEXT PAGE:



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