



**The Single Woman  
Quick Change Guide**

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The Woman Men Adore...And Never Want To Leave  
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## Introduction

**T**his is the Single Woman's Guide for how to utilize the secrets and principles you're about to learn in the Woman Men Adore Program. I'm going to show you how you can begin attracting the kind of men you're interested in, men that are good for you in the long haul. I'll also help you get past some of the games that single men play.

To begin, let me state the obvious. What you'd really like is a simple phrase or technique that will make a man powerless to resist you...right? I mean, if you were to be honest with yourself, having that kind of power over the man of your choice would be pretty amazing.

Imagine having him look at you across the room and suddenly stop what he was doing and slowly approach you like a lion after his prey. He would be so smitten with you that he couldn't control his desire to want to be with you. He'd gaze into your eyes and realize that he can never be complete without you in his life.

I saw a video recently (for men - about women) that promised that same kind of power to men to use in their pursuit of women. The main premise was to teach men how to approach women and it talked about the importance of

being confident. In the video, men walked up to women and simply asked for their phone numbers. They weren't rude. They weren't ugly. They were charming and they were confident. The moral of the story was that all women really want is a man who's confident. It's as easy as that. When the men acted with confidence, the women responded. It may well have been staged for the video, but it looked very impressive!

But here's the problem with that video or most of the suggestions you're going to find on the internet. Many of the suggested things to do with men may be simple, but they'll make you feel downright uncomfortable.

Most men wouldn't dream of using the walk-up-and-ask-for-her-number technique described in the video because approaching a strange woman is very nerve-racking.

As a man, you're afraid that approaching a strange, attractive woman could end ugly. She could laugh at you, make fun of you, or roll her eyes in complete disgust that someone like you would even think that she might consider you appealing.

Yes, approaching a woman really can be that scary to a man and because of this most men won't do it. They get stage fright whenever they approach a woman. The video claims that women actually like a man who is decisive and confident (they do!), but it doesn't make it any less nerve racking for the man to follow this advice.

So for you, I want to emphasis this fact: The Woman Men Adore will show you what men find appealing, but it

will take some practice to master these techniques. You'll learn that men like a woman who has the courage to be imperfect and is good at putting her heart first.

You'll also learn that he likes when you share your emotions and know how to do it in a way that doesn't overwhelm him. Yet, most women hear the word vulnerable and it makes them cringe. Their first response is to say, Oh I can't do that. But being vulnerable is one of the keys to having effortless attraction.


The good news is that becoming effortlessly captivating is within your reach. The better news is that men actually want you to have this power over them. So when I suggest to you what works, don't be surprised if what I am suggesting might seem different than what you expected.

Anticipate that it might even feel a little uncomfortable at first. Remember this rule: the faster you want results, most likely the more uncomfortable it's going to be.

But I promise you - it's so worth it!

~ CHAPTER 1 ~

## What Gets Single Women in Trouble

 More than anything else, the biggest obstacle I find for most women is not the fact that they're not pretty enough or that they're overweight or that there's some really deep, dark defect in them that they're not aware of. Yet the belief that something is wrong with them persists and women spend much of their time and energy working really hard to overcome their perceived problem. In their mind, they have success in most areas of their life, but they can't seem to find the man that would make their life complete. There must be something wrong with them. Does this sound familiar?

Now let me ask you a question: what have you been told by a man that makes you question yourself? Have you been told you're too needy? Or perhaps you are too emotional? Maybe you've been accused of having trust issues. If that isn't it, then write out what it is below:

*"I've been told I am \_\_\_\_\_"*

Now I'm sure you don't want to be needy, overly emotional, or whatever you just wrote. And in an attempt

not to be “*that*,” here is what most single women do - they overcompensate. What???

Let me explain. In an attempt not to appear weak or needy, a single woman will make sure she appears “confident” and rarely show her emotions. Men will view her as strong and independent. Perfect, right? Not exactly. Here’s where this becomes a problem.

Deep inside of her, she doesn’t want to always have to be strong and confident because she doesn’t always feel that way. She longs for a man who loves her just as she is and while she’s willing to grow and improve herself (hopefully), the idea of never being able to be weak and vulnerable makes her feel lonely.

Then one day she meets a man who seems to cherish her as he notices her confidence and sex appeal. As she draws closer to him emotionally, she begins to feel that he is safe enough to share some of her vulnerabilities and fears with him and when she does she is hurt because he pulls away from her and even describes her as needy or overly emotional. In his mind he asks himself, “*Where is the cool chic that I fell in love with, the one that never complained or had a bad day?*” This makes her feel hurt and stunned because he appeared to be so safe and yet he, like the other men in her past, has chosen to abandon her the moment she started to share her emotions.

Now, she’s single again and begins to think to herself, “*If I can just find the right guy, then he’ll accept me exactly the way I am. I don’t have to do anything different.*”

There’s a movie that came out years ago called How to




Lose a Guy in Ten Days. If you haven't rented it, I would suggest you find it and watch it. While it's a comedy and not everything's going to be completely applicable, one of the things it points out was how women do all the things that drive guys nuts and expect guys to like it.

Now, it's a bit of exaggeration, I'll grant you that. But if you watch it you'll see the principle I'm talking about. If you want different results with men, you need to do things differently.

But that doesn't mean you have to do things radically differently. You don't even have to do everything differently. But you do need to understand the basic differences. And one key point is this: men really do think differently than women.

## ~ CHAPTER TWO ~

# Men approach relationships differently

 Men fall in love differently than do women and one of the main reasons for this has to do with biology. Specifically, I'm talking about the part of their brain called the corpus callosum. It's the part that joins the left and right sides of your brain together and in men's brains it's larger than in women's.

The reason this is significant is because it enables men to shut off their feelings much easier than women while women naturally experience thinking and feeling at the same time.

If you looked inside a man's mind, you would notice that he is either thinking OR feeling and rarely both. Therefore when he's feeling emotions such as attraction or love, it's going to feel incredibly intense for him. His brain is overwhelmed with love and desire for the woman he's focused on (like he's a kid in a candy store), and for that moment for a man, since he's so flooded with emotions in general, he's not thinking long-term.

Imagine asking a child at an amusement park about the upcoming school year and you'll get an idea about how

short sighted men are when they are overwhelmed with desire for you. That's not how men bond. This doesn't mean that a man can't become a good long term partner when he's in this infatuated state of mind. However, his bonding cycle takes time and the intensity of how he feels doesn't speed up his time table for committing to a woman long term.

Men bond based on thinking as well as on emotions. Men instinctively know that what they feel is fun, but it can also lead them into making a bad choice. Perhaps you've heard this crude but common man joke: Date the stripper - Don't marry her.

This saying is very telling about how men can be attracted to a woman, but not consider her expensive. For him to bond with you, he must feel that he has worked to capture you. This pursuit of you is what creates an emotional bond and as you can imagine, it takes time.

In fact, most women don't know the main two ways to enhance a man's self-esteem, but I'll tell them to you now. His self-confidence skyrockets when:

- 1) He overcomes adversity
- 2) He accomplishes a goal

This is why you can't be too accommodating early in a relationship. Even though he acts like he's so into you and wants to spend all this time together, you must remember what he needs to bond even if he doesn't. By pacing the relationship during the first three months and not allowing him to see you as often as he would like, it makes you the prize (a goal). Now you are a challenge and he feels a sense


of adventure in pursuing you.

The process of pursuing you makes you appear to be more expensive and when he gets you to commit to him he'll feel better about himself for having won your heart. It's the same way if he buys something expensive - an expensive car or an expensive outfit and he's wearing it or driving it. He thinks, "*I'm a really cool person with this car I'm driving or this outfit I'm wearing.*" And that's the way he'll think in terms of you.

In fact, it will make him feel the feeling he craves most, which is...

~ CHAPTER THREE ~

## What Men Crave More Than Anything - POWER

hen you make a man work hard to win your heart, he'll feel like he's accomplished something great and won a grand prize. This is what makes him think you're valuable and special.

When a man believes a woman is special and that he has won her heart, then he naturally feels powerful. Conversely, a woman who does not require much effort in order to win her over, who was easy to acquire, and who gave in to all of his wishes, well... while he might like that in the short-term he will grow to despise her given enough time. Why? She was easily obtained and therefore she is easily discarded.

Ask yourself, how accommodating are you with the man you are currently dating? If you're not dating, look at your last relationship. How easily do you say yes? How often do you change your plans to meet his? Now, I don't mean for you to use this technique if you're in an established relationship or if you're just about to get married. This idea is best applied to the first few months of a dating relationship. During this time, how accommodating are you to your man?

Oftentimes, I find women-- in an attempt to be gracious

and appealing-- thinking that being accommodating is incredibly important to a relationship. It's nice enough, but often being too accommodating allows a man to take you for granted.

Frequently when I mention this to a client, their assumption is that I'm suggesting that she start acting cold, indifferent or even condescending to men. I promise you that what you will learn in *The Woman Men Adore* won't make you into that type of woman. If you have a habit of being too accommodating, it will probably feel uncomfortable as you stop giving more than you receive from a man. Yet, if you'll keep practicing, you'll soon notice that men won't look at you with disdain, but rather they will see you as more desirable. As a woman, you must decide that you have a certain amount of value. Now certainly at this point you have heard this or read this before. I talk about value and the importance of valuing yourself in many of my articles and books. You know to be positive and to be strong. But what we're talking about in *The Woman Men Adore* is not simply being positive and upbeat. There's more to it than that.

What I'm suggesting is something far more powerful and that is the ability to be authentic. You see, authentic is the way you act around men whom you don't really care about. You're not rude; you're not mean; you're simply indifferent. You are never ugly to them, but you really don't care what they think. And that quality of being authentic, of being sincere - that quality is what those men you don't like pick up on. That's the main reason why the guys you're

not interested in are so into you. It's not that you're being a witch or a snob. It's that you're more interested in what you're thinking about and your thoughts and your beliefs than you are in their opinion.

## ~ CHAPTER FOUR ~

# Putting Your Heart First Makes You GLOW

**S**ure, you say, but it's totally different when it comes to a man you like. I understand. Acting indifferent toward a guy you're interested in may seem impossible to do. Yet it's not as impossible as it seems. In *The Woman Men Adore*, I detail a process that will allow you to do just that and it involves putting your heart first.

The best way to do that is to imagine your heart as a little girl and to begin treating her (and it takes some practice) with kindness and righteousness. Listen to your feelings, because what you do on your own before you meet the type of man you want, that's what's going to impact what happens when you meet him.

You can't just turn this on and off. I tell women this all the time. This isn't a laser you can just point at a certain guy and it works. It's more like a campfire. You either glow (exhibit confidence) all the time or you're guarded. Practice glowing, even when you don't feel strong and confident. As you begin to practice the things you're going to learn, you're actually going to notice that you're going to attract men even when you aren't even trying to do so. You'll start to change, both consciously and unconsciously. I think



you'll be pretty happy with the transformation.

Let me tell you a true story to emphasize this point. I had a client who began practicing the things she learned in The Woman Men Adore Program and at first she didn't understand how this was going to change her circumstances. Yet she gave it a shot. She began putting her heart first and listening to her feelings and instead of feeling more confident she started to feel lonely. In fact, after a couple of weeks, she realized that she actually carried a lot of negative feelings inside of her; it felt a little overwhelming.

On a particular Sunday, she went to a church service and just didn't feel like dressing up so she wore what she described as her Mo-Mo outfit. It was a long denim dress that was comfortable but not particularly feminine. She sat by herself because she didn't feel like socializing and after the service was over a couple of her friends saw her and said, "*Wow, you look great.*" For a moment, her mind froze in disbelief, but the look on their faces was completely sincere. They weren't simply being nice, they really meant it. While her mind was still spinning, she walked into the parking lot toward her car and within the next five minutes not one but two separate men approached her and asked for her phone number.

Let's review that. Here she was, dressed casually and making no attempt to appear confident and sexy, wanting to be left alone and yet there she was glowing like a campfire with such intensity that everyone that got near her couldn't help but notice. This is what awaits you if you

will but practice what The Woman Men Adore Program has to offer you. Are you ready?

## ~ CHAPTER FIVE ~

# Let's Be Practical (Putting This into Practice)

o now let's be practical. Here are some basic rules to keep in mind as you begin this program:

### **A) You can't attract every man.**

When I say to you that this technique isn't a laser you can point, here is what I mean. You could be the most wonderful woman in the world and not be able to attract every man you like. It's not because you're doing anything wrong but because you're either not his type or because of some issue he has that prevents him from intimacy. There are a thousand possibilities! Simply put, not every guy will be into you. This is okay!

Let me illustrate this more clearly with a story. A certain client of mine was tall, about 29 years old, quite handsome, and made around \$400,000 a year. When I tell you that all the girls liked him, I mean every woman who met him went out of her way to flirt with him. He didn't return their interest. I could only imagine their thinking: What was wrong with them? Would he like them if they were thinner? Prettier? What were they doing wrong or not

doing right to attract him.

One day, he told me something close to his heart, *“You know Bob, I’ve got all these women that are interested in dating me but the truth is that I really like women with a lot of curves. I just don’t like thin women. I don’t know if that’s selfish or whatever, but that just doesn’t work for me.”*

First, I’m sure you’re shocked to hear a man say that, but can you imagine what all of those women who were wondering why they couldn’t attract him would say if they only knew the real reason he brushed them off? As much as they wanted him, they simply were not his *“type.”* Those beautiful, thin women who felt that they were a perfect match for him were never going to capture his attention. You can decide for yourself if he was being superficial, but regardless, the fact remains the same. Sometimes the guy you’re interested in will not share your interest. There isn’t anything wrong with you; it’s just that you aren’t his particular type.

So, please let me convince you that there is NOT a formula or magical spell that will work on ANY MAN. It can’t work on every man. All you need is a man that you desire greatly, to be able to influence him, mesmerize him, and captivate him. If you give up on the idea that it should work on every man, that if it doesn’t work on every man you’re doing something wrong, you’ll start to experience a feeling of freedom and confidence.

**B) Before He Falls In Love, You Must Get His**

## Attention

In *The Woman Men Adore*, you will find suggestions about what men find naturally appealing. Even though you might “*know*” this, I find that so many women ignore it until they are trying to make a good impression, like going on a date. Getting a man’s attention is about using your advantage as a woman, the femininity that men find naturally appealing. You’ll notice that I mention dressing to impress men, not simply your girlfriends. There’s a big difference here! In addition, also wear outfits that you know are flattering, not simply comfortable.

I’m not suggesting you dress like you’re available to hire, but think in terms of soft and feminine. Men really love it when you wear a dress! It’ll make you look beautiful and unbelievable sexy.

I give the same advice to men who want to impress women but who want to wear casual, comfortable clothes. “*Get a great haircut,*” I tell him, “*Make sure your fingernails look neat and dress nicely always. A woman doesn’t want to be embarrassed if she’s with you. Women really think that way.*”

It’s a proven fact that how you dress affects how you see yourself, which leads me to this point:

A lot of women will tell me that black is their favorite color. Most women like black because it makes them look better, in their minds. It makes them look thinner or sleeker. But, did you know that most men don’t like black? It’s true. They like that little black dress and occasionally they like black for some formal outing, but men do not like

black nearly as much as women do. Men like colors! I can practically hear you saying, “*I shouldn’t have to dress to please a man!*” Let me remind you that wearing colors will always draw more attention to yourself. Your goal is to dress in a feminine yet modest way that will draw attention to your natural shape and beauty. He’ll notice a brilliant red or turquoise a lot more than a plain black dress.

### **C) The 5 Second Stare (It works every time)**

I must confess that I got this from Dr. Patricia Allen and I have shared it with women all over the world. I won’t lie to you and say this is easy, but I promise you it is powerful. Here’s how it works:

When you see a man whom you find appealing, find a way to position yourself so that when he scans the room he’ll see you. You don’t need to be standing right next to him; in fact, being at a distance makes you more alluring.

Now, simply gaze at him (stare) and when he glances at you put, on your best smile. I don’t mean a timid shy smile, I mean the kind you’ve give on Christmas morning when you got the present you’ve been waiting for the entire year.

Then when he looks away, keep looking and keep smiling at him for 5 S-E-C-O-N-D-S. Yes, it will feel like an eternity, but within those 5 seconds he’ll glance back at you and see you looking and smiling at him and this is why it’s so powerful. Most women want to know “*What’s he thinking?*” but that’s actually the wrong question. The real question is, “*What is he feeling?*” and the answer is

that he'll feel a rush of emotions that you have created.

When it comes to attracting a man, your ability to make him “*feel*” is what will separate you from other women who are playing it cautious and safe. When he sees you starting back at him, you will have created the magical quality of “*Tension*.”

When a woman arouses tension in a man, it makes her more appealing. It causes her to linger in his thoughts. Memorize this phrase for your dating life: Tension Is Your Friend.

## **D) Practice = Magic**

With all these practical suggestions I have given you, I know what you want. You want to be able to effortlessly attract men, which is the core of what The Woman Men Adore is all about. When you learn how to put your heart first, you will begin to glow like a campfire, to radiate, to draw men in without even trying.

I know I've mentioned this, but please don't expect to simply say a magical phrase or do one thing to make every guy notice you. I wish it was that simple, but it doesn't work.

When you say something that melts a man's heart, it's often because you said the right thing at the right time and in the right manner. Yet, even when you do all three of these things, it's still dependent on whether or not he's in the right mood to be receptive to your “*magical words*.”

Just for emphasis, imagine that I told a man that there was one phrase that would make you sleep with him

no matter what. All he had to do was say something like “*You’re beautiful,*” or “*I’ve never met anyone so lovely.*” Do you believe that? Of course not. You know that there is no one phrase that would make you sleep with any guy any more than there’s one thing you can say or do to make any guy fall in love with you. Got it?

You want the magic that makes men look at you longingly and you shall have it. What I ask in return is for you to be willing to give up on the idea that it’s going to happen overnight.

## **E) No Man Will Be Able To Take Advantage of You**

If you’ll practice what you’ll learn in *The Woman Men Adore*, you’ll find that you won’t have to worry about being taken advantage of by the wrong man. The secret to doing that is to not allow a man to manipulate your emotions.

Women often think that in order to keep a man from manipulating them, they should simply shut down their emotions or be extremely guarded with their emotions. That’s actually the wrong approach. In fact, it makes you more susceptible to this type of man.

So, how does one protect her emotions from a manipulator? The way you do it is to practice using your emotions. If you cut your emotions on and off, you’re susceptible to a man who can arouse your passion. How? If you keep your feelings at bay most of the time, then when you do feel them they’ll have a flooding effect. Your mind will be flooded with emotions and you’ll make unwise



choices. You'll give men the benefit of the doubt when you shouldn't.

Many professional women have a tendency to either think or feel. And about 85% of the time they think, which is a great quality to have in the workforce. The problem is that when they do feel it gets so overwhelming that they have a tendency to become desperate or needy.

You see, it's foolish to think that you can stay in control once your emotions are activated. As a woman, you are designed in such a way to think and feel simultaneously. What you're going to learn is how to make your emotions work for you, because as you practice with them you will learn how to put your heart first and your self-confidence will rise without you even realizing it.

You won't be susceptible to the wrong man trying to manipulate you. Because of that, you will come across as much more appealing. The irony is that as you practice this you will start to glow. You will start to have that quality that makes men notice you when you walk into a room. It's difficult for me to explain to you how exactly this works. All I ask is that you give it a try. Before long, you'll understand exactly what I mean.

## ~ CHAPTER SIX ~

### Let's Review

1) I want you to realize that men actually want you to have power over them. Acquiring the ability to be captivating will likely mean you'll need to practice the skills you're going to learn in *The Woman Men Adore*.

Don't expect this process to always feel comfortable. Some of the suggestions may be things you already know or have tried before, but some will not. If you feel that some part of the program simply "*doesn't work*," then may I offer a suggestion: Even if you feel like you've tried everything, would you be willing to try again? What you'll discover in *The Woman Men Adore* has been tried and tested by thousands of women around the world and has produced remarkable results.

2. Please give up on the idea that there's one magical thing you can do that's going to be mesmerizing to all men. That's impossible. Yet, you have everything you need to be attractive to some men. The truth is that as a woman you already have what it takes. You were designed and wired in such a way that men are naturally predisposed to find you appealing.

In fact, men are not nearly as picky and as hard on women as women are to other women. Men are designed in

such a way that they naturally like your curves, your shape, and they're not as harsh and don't expect nearly the degree of perfection that you've been led to believe. I'm going to ask you to trust me on this one.

3. Let's start with the basics. I'm going to ask you to dress femininely as often as you can. Wear dresses whenever possible. Make smiling a habit. When you see a man you like, practice the five second stare. It's going to feel uncomfortable. It may feel awkward. But I am asking you to give up on the idea that you can dress as you please and do whatever you want and get different results. Truly, you can't. If you want different results, you must try something new.

4. You need to commit to practicing all that you will learn in *The Woman Men Adore*, even those areas which you find uncomfortable. Practice and experiment with them and do them longer than just one time. If you just pick and choose the things you're going to learn, oftentimes you'll miss some of the most important things of all. Commit to doing it all if you want results.

5. Remember that men think differently from women. What is he thinking? Women have been wondering this for millennia. The truth is far less colorful than they imagine. Most of the time, men are not thinking much at all. Most of the time, men are looking for some type of signal. If you will practice being nice to all men, not just the men you're interested in, yes you're going to get invitations from men that aren't appealing to you. They'll get signals from you that you never intended to send. You'll have to get good at turning them down. But that is actually a good rule of

thumb.

If you're not turning down a lot more men than you're saying yes to, you're probably sending off the signal that you're guarded. It is not something you can cut on and off. As you transform into The Woman Men Adore you'll discover that you have a choice. You can either be wonderful or you can stay guarded. You simply can't turn on this captivating quality whenever you like. It's not a switch you can flip.

And finally, if you really want even faster results you might consider joining The Women Men Adore Club (if you haven't already). It's where hundreds of other attractive, successful women are waiting to help answer any questions and share in your success. What are you waiting for?

So, that's the end of our guide. I hope you learned a lot. You are about to begin an amazing adventure with The Women Men Adore Program. If you have any questions, please feel free to contact me at [understandingmen@relationshipheadquarters.com](mailto:understandingmen@relationshipheadquarters.com).

**I'd love to hear from you. Good luck!**