

BOB GRANT, P.L.C.



**WHAT MEN FIND
IRRESISTIBLE
IN A WOMAN**

...FROM A MAN'S PERSPECTIVE



Hello,

I'm excited that you've taken action on learning what men find irresistible in women. Understanding a man's perspective is essential, because what actually works in real life is often far different than most women would expect.

The insights in this workbook and accompanying audio are truly a game-changer, because once you understand what a man finds irresistible, you have the key to unlocking his heart!

Enjoy the process,

- Bob Grant, P.L.C.



What Men Find Irresistible in a Woman ... from a man's perspective

For men, when a woman is "irresistible", it's an effortless attraction. Describe what you think an "effortless attraction" looks like from a man's perspective.

Describe what an "effortless attraction" looks or feels like to you.

Do these two views match? If not, why?

Communicating with a man includes a visual interaction that you may not be aware of

Men are visual. They're wired that way; they notice things. This is especially salient when you're getting to know someone online, or are involved in a long-distance relationship. Men need to "see" women, and experience them in a 3-dimensional way. The more senses we can involve with a man, the better.

How can you engage the following senses in your relationship with your man?

Sight _____

Sound _____

Touch _____

Taste _____

Smell _____

Sometimes women hide. They're cautious and guarded, yet hope for a man who will break through their exterior. Don't hide. Be seen.

A great way to "be seen" is by wearing colors that grab a man's attention. Take a few minutes to peruse your closet and make a list of five cute and colorful outfits that are just waiting for you to show them - and you - off! Include every detail, from the clothes to the shoes to the jewelry.

1. _____

2. _____

3. _____

4. _____

5. _____

The same behaviors that keep you safe always dim your light. When a woman is more open, her guard goes down and she starts to glow.

The biggest problem with being too guarded is that men see it as a challenge to be overcome and won. But the opposite side of the equation - being open - leaves a woman feeling vulnerable. Neither extreme is good, which is why finding your way to the middle is essential.

What are three action steps you can take on your next date to make yourself more open and vulnerable?

1. _____

2. _____

3. _____

In your own words, why is it important to be open?

Openness leads to acceptance; accepting and appreciating who you are. List 10 things you accept, and appreciate, about yourself.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

In your own words, describe The Campfire Effect.

Let's revisit the three components of the 'irresistibility factor': Physical Attributes, Openness and Acceptance.

Which one are you best at? Explain your answer.

Which one do you tend to focus on the most? Explain your answer.

Which one do you lean towards when stressed, and why?

Which one is the biggest struggle for you, and why?

List three actions you can take today to improve the one you struggle with most.

1.

2.

3.

*When all three are in balance,
and you learn to put your heart first,
your authentic beauty will glow like never before.*

Congratulations!

You now have the 'irresistibility factor' recipe. All it takes is stepping into your authentic beauty, allowing yourself to be open, and accepting yourself for the amazing woman you are. A dash of each and you are well on your way to creating the effortless attraction that you deserve.

Thanks for allowing me to guide you through this process,

- Bob Grant, P.L.C.

