



**Attract Men - Women - Get
Your Ex Back -for Men And
Women**

Conversation Tips - How to Talk To Men

Everybody has sticking points, whether it's work, [relationships or life](#) in general. But that's fine and dandy because the learning process is what makes us better women.

Perhaps you're struggling with certain behaviours or fears that might be keeping you from making the most out of your love life. Not to worry though; author Mirabelle Summers has created the ultimate game-free guide on how to do just THAT:

The ["Get A Great Guy Guide"](#) is just the thing you need to achieve the breakthrough that you've been waiting for. With its sensible, no-nonsense and down-to-earth advice for the sassy, modern girl, finding AND holding on to a quality man will be a cinch!

Now then - one of the most common stumbling blocks to more romance in a woman's life is a simple lack of conversational know-how. The good news is that this can be LEARNED and immediately applied in your everyday life!

Especially while you're face-to-face with a potential lover!

Oftentimes the problem is that some well-meaning girls overlook the importance of having the right communication style. It's not that they WANT to be boring; they're merely unaware of how to hold a conversation.

No sensible gal is going to get up in the morning and tell herself, "I wonder how I'm gonna BORE the socks off of that cute stranger I'm going to run into at the coffee shop today?"

If you want to become a better conversationalist, it's important to consider if you've grown accustomed to certain patterns of speech that are actually counterproductive. Sometimes, you need to step back and ask if you've fallen into certain habits which you've numbed yourself to over time.

So the first step towards any form of improvement is SELF-AWARENESS. Think about the way you normally carry a

conversation with a guy and ask yourself if your style could use some polishing.

Of course, I don't want you to start beating yourself up if you feel that the way you talk to men isn't as attractive as you might want it to be. Like I said earlier, there's always room for improvement, and it's definitely a good thing to know EXACTLY which areas can be improved.

With that said, I want you to go over the following tip you can use to enhance your communication style:



1: Rapport is Key

It may sound like the simplest thing in the world to say, but the fact is lots of perfectly adorable women have a hard time doing this.

It's mainly because they only have a VAGUE idea of what rapport is, so naturally you can't create something you can't really put a pin on!

So let's clear up the fog surrounding this topic and identify what it is exactly. In a nutshell, having rapport is about having a CONNECTION with someone.

You know how you hook up your iPod or mobile phone to your computer, and they suddenly have this mutual understanding? It's kind of like that, but on a DEEPER level.

Let me give you a clearer picture: if you were at a party packed with all manner of gorgeous, articulate and friendly men, which one of them are you likely to REALLY fall for?

Since they're all [visually and mentally appealing](#), you might have a hard time figuring out which guy suits you. Chances are the one who naturally understands you will be the man you'd want to date.

Why is that? Well, doesn't it feel just GREAT when a person instinctively senses where you're coming from?

I'm sure you've met at least one person in your life who you inexplicably feel drawn to. That's because that person seems to perfectly understand and echo back your own opinions or feelings.

That sense of being connected is what rapport is all about. Fortunately, it's actually not hard at all to do this in your daily conversations.

The first thing to keep in mind is that you need to be on the 'same page' as the person you're talking to. There are easy ways to do this.

For example, keep an ear out for specific concepts or values that are personally close to the person you're in a conversation with. If he brings up that it's important to him to have some quiet time everyday, store that away for future reference.

Later on you can echo back that same concept by telling him about how YOU like to spend your alone time: 'At the end of the day I like to spend an hour or so curling up with a good book and a nice warm cup of chamomile tea. It really helps decompress after a crazy day, you know what I mean?'

Step back and watch his eyes light up like a Christmas tree! By taking something close to his heart and giving it back to him in a genuine way, your words will make quite the IMPACT on him.

So, rapport really has to do a lot with speaking the same 'language'. Now of course, I don't mean you have to start mimicking everything he's saying like a little parrot, but rather do it in an EMOTIONAL sense.

Discovering and talking about the values that resonate with you BOTH is a way to speak the same language.

When you think about it, we often adapt our modes of speech depending on the context we're in.

For example, you wouldn't talk to your friends, family, colleagues, or elders in the same EXACT way would you?

So don't think that you're being a phony by making an effort to speak in the same way that he does. You're simply getting into the practice of communicating in a way that's APPROPRIATE to the situation.

And when it comes to chatting up gorgeous guys, a meeting of the minds is best done through rapport-building speech patterns!

2: Switch Off Your Brain

Don't get me wrong, the kinds of guys who are worth your time are into women of SUBSTANCE. And certainly, this next conversational tip is not about acting air-headed or ditzy.

All I'm advising you to do is keep your sexy brain from going into overdrive! A common mistake that intelligent women often commit is to think too much about certain things.

They get so caught up in their own world of thoughts that they'll come off as aloof or distracted, when in reality they're just petrified from FEAR of not knowing what to say next.

If you don't want your brain from stalling on you, then you have to quiet your thoughts and shut out the nagging distractions in your pretty little noggin.

The attraction-killing thoughts I'm talking about are those coming from the inner critic trying to sabotage your conversation. Sometimes, we make the mistake of mentally scolding ourselves after saying something that felt out of place or unfunny.

Other times, we're lost in a maze of thoughts on what to say next or get bogged down in a swamp of self-consciousness.

When you feel your brain going in this direction, acknowledge what's going on and DROP these mental distractions.

There's a handy little trick you can do in case your attention is drifting off to la-la land: instead of obsessing about how you look in his eyes or what he might be thinking, simply divert your attention to HIM.

It's a girl's best defence against looking aloof or detached from the conversation (or from this plane of reality for that matter!). So remember to shut off this part of your brain, and you'll do just fine.

On another note however, sometimes it's the guy you're talking to that's feeling self-conscious. If that's the case, then don't act or talk in any way that might give away you're AWARE of it.

Just play it cool and don't dwell on the vibe he's giving off. It'll only make things more awkward if you let his state affect your own.



3: Humor is Your Best Friend

Maybe you're still feeling each other out and you're trying to get a handle on how to connect to this hunk of a guy. But the awkward flow of your conversation is creating a major interference in your connection so you're having a hard time 'broadcasting' your signal.

Fear not, friend! The quickest way to clear up all that 'static' is by creating a private joke which you can share with him. When you both have some knee-slapping ground to start on, this accelerates the rapport-building process.

My long-time friend Marcus has a great story to illustrate my point. He says:

"One of my first jobs was as a freelance product writer for all sorts of health merchandise. During one assignment I was talking with this guy who was telling me about the benefits of a sports bracelet that supposedly reduces muscular fatigue. I had to put on the bracelet and pretended how less tense my arm felt as I was stretching it. Monique, his pretty sales assistant, was visibly chuckling at how funny I looked during the product demo (though she tried her best to hide it)."

Marcus was then able to use this funny incident as an inside joke when he started chatting up Monique. To her delight, he referred to the silly arm-stretching debacle several times during their conversation.

To his benefit, Monique was game enough to tease him about it when they eventually started dating. The moral of the story here is that when used properly, humor serves as a great bridge between two people.

Heck, any doctor knows about the therapeutic effect of laughter. One way to bring on the charm is to put your man on a natural high by cracking a joke or making a witty comment!

Making people laugh will make people (cute guys included) want to be around you to get a dose of your feel-good charisma.

Of course, there's a big difference between laughing at a joke and MAKING one. However, appearing to be effortless at humor isn't as hard as you might think.

Don't assume you need to transform yourself into a standup comic at the drop of a hat.

Generally, a good punch line is the result of properly setting up the joke beforehand. If you need to explain the punch line after delivering it, it means you didn't build enough suspense first.

(Think about how some characters on TV bumble a perfectly good joke by explaining too much and adding a "get it, get it?" at the end.)

A good way to build up a joke is by keeping a relatively straight face and suppressing any snickers before dropping the punch line on him. Otherwise there won't be any escalation.

That's what comedic timing is all about: buttering up the audience and then BAM, you get the drop on them with a well-placed punch line!

Notice how comedians like Conan O'Brien or Tina Fey churn out the funnies. They like to talk about a mundane news item (the set-up) and then making a zany comment about it (the payoff).

As an aside, avoid making any pop culture references that might alienate or confuse the person you're talking to. It's good to be mindful of the particular person in front of you so he can better relate to your "material".

However, don't worry about making leaps and bounds in this particular area of conversation. Try adapting these habits of humour little by little into your speech.

Once you hit your stride and finally strike a guy's funny bone, you'll notice how easier it is to keep him laughing with a follow-up joke!

One last way to be funny without overdoing it is by doing the "pretend seriousness" routine. A little lighthearted irony goes a long way with certain folks!

Let's pretend that your friend introduced you to this incredibly cute guy who happens to be just into music as you are. So halfway through the conversation he confesses to not having heard about a certain band you absolutely adore.

Take advantage of this opportunity by *playfully* retorting. "Tell me you're kidding. Otherwise, I'm gonna have to drag you to my place and make you listen to my (name of band) records until you see the light. Seriously!"

Admittedly, this approach might not work on everyone, but if he seems like the guy who's game enough to go along with the fun, then give it a shot!

#4: Converse With an OPEN Ear

Some women might think that listening is just a simple matter of hearing what the other person is telling them. Truth is, this basic skill we've been taught to use over the years is often taken for granted.

Sometimes, we find ourselves zoning out a bit (refer to tip # 2) when we should be PAY ATTENTION in the full sense of the verb. A typical mistake is to listen on a superficial level and merely use the time the guy is talking to think of something to say.

This might sound like common sense, but I have this to share: you'd have a better chance of saying something worthwhile if you truly listened to what the other person just said.

I've told countless friends and colleagues that your genuine attention is a very powerful tool for conversational success! Really listening to his jokes and stories is a simple but effective way to make him feel good about himself.

And what red-blooded man wouldn't want to be around a sassy girl that he can **associate his GOOD FEELINGS with?**

The gift of showing real interest is the direct path to greater rapport in ANY sort of conversation you're in. Although our general interest here is to attract men through a good chat, we also have to consider the big picture here.

An attractive woman is someone who can have a great conversation with just about anybody. When you have a POSITIVE attitude towards the rest of humankind, it's an indication of how you'd be on a date.

...or as a girlfriend.

If you're there to talk with ANYONE purely for the pleasure of their company... and NOT because you want their approval... then that sincerity will naturally show.

People (hunks included) just tend to like you more when you want to hang out with them with NO strings attached.

So what I'm saying here is that you shouldn't just limit your awesome conversational skills to men alone. Find an opportunity to flex your social muscles and chat up a storm with the next person you run into!

It doesn't matter if it's the nice old lady at the library, the friendly cashier at your favourite coffee place, or your fellow students at yoga class. Every person out there offers a chance for you to become a more sociable person.

Trust me, this mindset is the sure-fire path to becoming drop-dead gorgeous in the long run! What have you got to lose after all?

And part of developing the right mindset is by expanding your knowledge and beliefs about dating, courtesy of Meet Your Sweet's "Get a Great Guy Guide."

When you think about it, the cost of failure is pretty much ZERO, so get out there and work it!



How To Be The Girl That Guys Want To Date

NEWS FLASH: Does climbing Mt. Everest seems easier compared to achieving greater self-confidence? Perhaps you feel that being a bolder, more attractive version of yourself is too much of a tall order.

Are you one of those women who turn into a NERVOUS wreck when meeting a cute guy for the first time? Worse, do you feel like you should be a totally different person or stuff down all the wonderful aspects of your personality?

If that's the case, then you need to break out of this harmful train of thought. The things you want to be are already inside you, but you'll need a healthy amount of **self-confidence for others to see it!**

Check out the best way to let everybody else know that you ARE an attractive woman:

When you think about the dating scene, what do you believe are the necessary 'selling points' you need to get a guy's attention? It seems like some girls know something others don't.

A lot of women end up scratching their heads thinking, 'How does SHE do it? It's as if she does practically nothing but she's NEVER short on dates!'

Well, the real trick to connecting with quality guys is by putting yourself on EQUAL footing with them. After all, the kind of man you want needs to be on the same page as you are, so let's go through three quick tips:

#1: Look after yourself

You may think that this is about being a flawless specimen of beauty or wallowing in vanity.

NOT at all.

What I'm stressing here is that you need to let everyone know you care enough to look your best. And that's not the same as physical perfection ' guys just need to cotton on to the fact that you're always on top of your looks.

The men that we squeal in delight over are considerate enough to look as good as they do. Even if he isn't without a few flaws here and there, you KNOW that he's got it together.

Thus, we ladies should be game enough to make ourselves just as presentable as they are. Would you date someone that had no regard for hygiene? Any guy who's let go of himself would lower his chances of finding a partner ' that certainly applies to us as well!

Now, what details should we be concerned about? First of all, being fresh and clean is paramount. You may have an awesome personality, but you can help others see all of that by being in a PRESENTABLE package.

This is where regular showers and other daily habits such as flossing, brushing your teeth and shaving come in. Why should we let cleanliness be an issue that'll get in the way of meeting gorgeous men?

Try putting on a nice feminine fragrance that distinctly defines you. Get beautified by spritzing on a light perfume that isn't overpowering but pleasant enough to have guys at the first whiff!

Also, don't be shy with lotions (like vanilla or other similarly enticing scents) to keep you looking AND feeling smooth. There's nothing like a feminine appearance of delicate softness to appeal to a guy's masculine sensibilities!

This same approach goes with your sense of style. Don't be afraid to try on outfits that amplify your womanly attributes.

Looking good doesn't have to mean baring too much. A tasteful outfit should bring out your feminine essence, expose just ENOUGH skin, and accentuate your curves. If you need help with this, employ the help of the people in your life who have a knack for style and fashion.

They'll be able to recommend dresses, tops and blouses that'll keep you classy and sensual at the same time. The most elegant wardrobes allow a HINT of skin in the right places ' any guy with the tiniest bit of imagination will be intrigued enough to take notice!

I'm sure you know at least one woman who happens to have fabulous hair that suits her perfectly. You don't have to imitate her style; instead ask her where she gets her hair done so the same salon can fine tune your own set of locks.

Everyone is different, so consulting with a stylist will help narrow down a customised appearance that compliments your frame and personality. Whether your hairstyle is straight, wavy or curly, the important thing is that it's clean, lustrous and fully expresses your unique identity!

Of course, FITNESS has a lot to do with being a girl who has it together. You don't need a perfect body mass index, but it does matter that you are [making an EFFORT in this regard](#).

As busy girls, we have a load of excuses to keep us from working out regularly. However, if we recognize its importance in the general scope of dating (or your health for that matter), we can ALWAYS find time to work on ourselves, one way or another.

As for other matters, a dentist, dermatologist and other specialists who offer the kind assistance you need (be it your teeth, skin, etc) to really help polish the overall package. Investing in their services is a necessary factor to letting everyone know you're looking after yourself.

Generally, the sum of your beautifying efforts weighs a lot more than your imperfections. What girl doesn't have something they don't like about themselves?

But it doesn't matter since guys are willing to gloss over these infinitesimal details if they know you're the kind of girl who doesn't neglect herself.

In a parallel universe, we could look into each other's inner beauty and that would be enough. However, the way we present ourselves still matters when it comes to making a memorable first impression!



#2: Have yourself to rely on

Neediness in an emotional and material sense is one of the biggest roadblocks to greater attractiveness. Sure, guys may get the occasional kick out of being your knight in shining armor, but for the most part you'll need to let them know you can live without their brute strength.

In many relationships, the balance of power is so lopsided against a woman's favor that it allows bad stuff to seep in, such as being taken for granted. If a guy knows you can live WITHOUT him, he'll naturally treat you better and it will breed MUTUAL respect.

It's a human tendency to VALUE something you could lose at any given moment, right? But of course I don't recommend that you flaunt this fact in anyone's face or use it as a way for a guy to submit to your whims.

I'm simply asking all the ladies out there to project a sense of independence. Guys absolutely LOVE it when they can't have a 100%

hold on a girl. You have no idea what self-sufficiency can do to their 'hunting' instincts.

Men are in it for the thrill of the chase, and knowing that he can't 'tame' you is plenty of fuel for his masculine drive to conquer, pursue and achieve. Tapping into this wellspring (using your independent personality) is a [great way to get a lot of dates!](#)

3: Get a life!

I hope you don't take this the wrong way because all of us obviously *have* lives. It's just that sometimes, pursuing a relationship - or having one - can obscure the importance of having a WELL-BALANCED life.

Even if we are talking about improving your dating life, remember that you have a LOT of other things to be passionate about. And this kind of attitude is what makes a woman more attractive and dateable in a guy's eyes.

When you're dedicated to improving yourself as a whole person, it just makes you more interesting and compelling to know. Jumping into a relationship just so you can have one isn't the right way to go about dating.

For your dating life to flourish, it needs a good, sturdy ground to stand on, namely a happening life filled with stuff you care about and ACTIVELY go after.

For instance, a guy is more likely to be riveted by a girl who has weekly brunches with her family, regularly attends a fitness class and excels at her chosen career. Furthermore, this interesting woman may also have a bunch of other hobbies that open her up to opportunities to meet other similarly appealing people!

If you simply lived out the other parts of your life EQUALLY, chances are that this lucky guy will be dying to be **part of your awesome life!**

And the great thing about this is that you aren't actively seeking a man's validation or approval; living as a driven woman NATURALLY does that for you.

So my advice for you is to get involved in the other things that interest you ASIDE from cute guys. In the end, we have ourselves to look after anyway ' regardless of whether we're single or not.

All in all, the way you treat yourself is like a big, fat neon sign that tells the world how they should treat YOU. That's why the way we handle ourselves ' be it in terms of looks, self-sufficiency or lifestyle ' is a reflection of what kind of women we are.

And when you send the right kind of message to guys out there, you can be sure that these quality men are going to pick up on your signal!



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