

Top 10

ATTRACTION SHORTCUTS



James Bauer's



DO YOU WANT TO BE MORE ATTRACTIVE



Then embrace the following 10 affirmations as your own. Study them and let them enhance the way men experience you.

These affirmations have the power to change your life. Because they each contain a powerful golden nugget, a gem of truth to enhance your irresistible qualities.

Each year, I gather the relationship enhancement tips that have been the most useful for my subscribers. Naturally, the list reflects ideas from my relationship courses. Here they are presented in a condensed format, which helps you absorb the ideas and commit them to memory.

Your first step is to read the 10 affirmations. Then you might want to print them or save a copy on your device to refer to later. Each morning, rehearse the list out loud. Over time, these principles will become committed to memory and guide you towards effortless success.

I'm excited to share these ideas with you. But I'm even more excited about the decision you've made to invest in your irresistible qualities.

Enjoy!

James Bauer

10 AFFIRMATIONS TO BE IRRESISTIBLE



- 1 “BEAUTY IS MY COMPASS.”** Focus on the beauty you want to create in your relationships. Don’t focus on being perfect. Don’t try to control the future. Don’t try to control how he sees you. Instead, focus on the qualities of your interactions that are already beautiful. By doing so, beauty becomes its own compass and leads you on the best path towards discovering what’s possible for the two of you. This affirmation helps you tune in to what is already working in your relationship.
- 2 “I LISTEN FOR LOVE.”** Listen for the warmth of love in his voice. Before he even realizes he loves you, some part of him will reach out to you. His love will infuse even his smallest gestures, like his voice and the way he looks at you. When you listen for the love he already feels for you, it changes how the two of you interact. Too many of my clients squash their romantic dreams by focusing on the big, obvious, external signs of a relationship. Don’t be one of those people. Listen for the love that’s already there.
- 3 “MY LOVE IS A GIFT OF INFINITE VALUE.”** Think of the man you love. Did you know you have the power to enhance his life? If he lets you deeper into his mind, body, and soul, will he benefit? Remind yourself what you have to offer. It is a gift of immeasurable value. Holding this in mind will lower your inhibition. You are not begging for his affection. Rather, you have chosen him as the one to receive this incredible gift. Learning this truth will give you confidence as you interact with him.
- 4 “I WILL UNLOCK WHAT IS GOOD IN HIM.”** Most people make a terrible mistake in their approach to relationships by focusing exclusively on receiving love. Instead, unlock what is good in him. Unlock the good person that he is. He will love you for it.
- 5 “I AM A BUTTERFLY.”** A butterfly is beautiful. They are also capable of migrating long distances. But changing winds often blow these delicate creatures off course. In a storm, a butterfly may not cling to a branch lest its wings be torn off by the wind. Instead, it will relax with the wind’s currents. When the weather clears up, then the butterfly can correct its course. Likewise, your relationship will have storms that come and go. Have a long-term direction in mind, but be flexible. Trying to control the storm is rarely a wise choice.

- 6** **“HE WANTS TO BE MY HERO.”** Few things have more power than unlocking the heroic man he wants to be. If you believe your man is a hero, you will notice opportunities to call to his higher nature. Let him be your hero, and he will never forget the way you made him feel. He will like the version of himself he finds in your presence. He will want to draw you closer.
- 7** **“I RESPECT THE STRENGTH I SEE IN HIM.”** All men fail. All men will sometimes let you down. But the woman who respects his strength, character, and manly attributes is the woman who wins his love. A man’s ability to feel loved is intricately meshed with the perception that you respect him. This is an immutable relationship law that is built into the fabric of his DNA. Your goal is that no one in his life feels a deeper respect for him than you. Look for reasons to admire him.
- 8** **“I LISTEN WITH MY WHOLE MIND.”** You can only hold a few thoughts in your conscious mind at once. Most people rely too heavily on this conscious reasoning process, missing out on their intuition’s deeper wisdom. Intuition comes from a part of your mind that operates outside of your conscious awareness. To access the deep wisdom of your intuition, use your imagination. When you’re feeling stuck or making a decision, imagine an older and wiser version of yourself. Imagine the questions she asks you and the things she says. By releasing control and using your imagination, you gain access to the wisdom of your intuition.

- 9** **“HAPPINESS IS MY HIGHEST PRIORITY.”** You will never achieve the best life possible if you do not allow yourself to enjoy what is good today. Do not let your happiness be dependent on other things. Not money. Not a relationship status. Not self-image. Not your reputation. Choose happiness as your highest priority. Recast the events in your life so that they support your happiness. Never let bitterness, anger, or frustration dominate your mind. When your goal is happiness, begin at the end. In other words, start with happiness.
- 10** **“I AM.”** Some people actively practice the art of presence. They exist fully in the present, as if each passing second is a fascinating world of stimulation. This is a powerful tool for romantic attraction because others can sense the change. In a world where everyone is rushing, the person who is fully present seems more real and authentic. They also have the power to dispel loneliness. Learn to be in the now. It will magnify the life energy pulsing between you and any man you interact with. Everything that’s feminine about you will pull more intensely on his senses. By staying present, you bring that special quality into each interaction with the man you want to draw closer.

Now, I'd like to share some bonus material with you. These next five lists are not as important as the affirmations above. But, I'm always looking for ways to enhance your love life. Give a few of these simple ideas a try.

10 WAYS TO APPEAR MORE CHARMING THAN YOU FEEL

- 1.** Let others influence your thoughts. For example, as you're speaking to someone: "Hmm, that's a good point. I never thought of looking at it that way." Even for the least consequential topics, people will like you more if they are able to convince you of something. And oddly enough, research shows they'll think you are more intelligent if they can persuade you.
- 2.** Give people the impression that you like them, even if you don't know why. We instinctively like others when we sense they like us.
- 3.** Be a little more relaxed, candid, and personal than the social context calls for. We also instinctively like people who treat us like an old friend. Don't try to act impressive. Instead, be like a comfortable old hat that fits just right. You'll give other people the space to be relaxed themselves, too.
- 4.** Practice finding things about other people to appreciate. Once you do find things to appreciate, express that appreciation as sincerely as you can. As if you simply had to say something because of how much you like or appreciate someone's actions or qualities.
- 5.** Learn how to smile with your eyes. Practice in front of a mirror. The phrase, "sparkling eyes" is a cliché, but the more life and passion you can show through your eyes, the more charming you come across. It also makes your whole face look prettier and more inviting.
- 6.** During a conversation, look for common topics you both agree on. Get him nodding yes, since he understands you and can relate to you. This makes it feel like you're on the same team.
- 7.** Talk openly about your mistakes, as if it's perfectly natural to expect him to be kind, forgiving, and a person you can count on for some advice. You might want to sound more perfect than you really are, but that can give people the impression that you're brittle and have standards that are too high. He'll relate more to you if you show you're human.
- 8.** As Dale Carnegie says, "Give them a good reputation to live up to." He will like the person you seem to believe he is, which makes you seem like the kind of person he wants to impress. Your belief in him strengthens his belief in himself.
- 9.** Become genuinely interested in the things that make the other person happy. Then get them talking about those things as much and as often as possible. Ask intelligent questions and seek to understand, not to respond.
- 10.** Discipline yourself to repeat tried and true methods. Stop trying so hard to be creative. You'll get better results in relationships if you simply repeat what's known to work over and over again. So, go back through this list and practice each item until it becomes automatic. Each day, choose just one concept to practice. Rotate through the list until you've ingrained the skills into your natural way of interacting with others.

10 COMPLIMENTS TO MAKE MEN CRAVE YOUR ATTENTION

1. Rather than complimenting his character (kindness, thoughtfulness, etc.), compliment his abilities. For example, his ability to make you feel safe on a dark night when he walks you to your apartment door.

2. Ask for his advice. This is an implied compliment. It conveys your trust in his judgment, insight, or wisdom. This makes him feel both appreciated and admired, which are two things men crave.

3. Brag to your friends about him when he's in earshot, so he can hear you. "Hey Betty. Sorry I'm late! Fortunately, George noticed I was changing my tire, and he came to my rescue. Otherwise, I'd still be out there."

4. Point out all the ways he positively influences your mood. "You know James, whenever I read your blog posts I just feel better about life." Men like to feel like they matter.

5. Ask him for help with something he's good at. First, point out his expertise or experience, and then ask him to help you on a related project or issue.

6. Let him know you trust him, and say it. For example, while getting into the passenger seat of Rick's car, Stephanie said, "I knew I could trust you to be on time."

7. Take care of him while at the same time assuring him he doesn't need your help. "You can handle this without any help from me, but you can still call me any time you feel like talking. It's easier to get through things like this if you don't try to do it alone."

8. Then there's the distracted compliment. "What? Oh, sorry. I was just thinking about what you said before. It's really interesting."

9. Notice and comment on what other people respect about him. "I noticed in the meeting today that a lot of people pay closer attention when you speak up."

10. The surprised compliment is effective, too. "You've got to be kidding me! I've been trying to figure this out for an hour. I would have called you ages ago if I realized how much you knew about this."

10 THINGS MEN ARE EMBARRASSED TO ADMIT THEY WANT IN A RELATIONSHIP

1. Your admiration. Men love to be admired for their accomplishments, achievements, and accolades. Anything he has won, achieved, or worked hard to get is something he's secretly proud of and wants you to admire.

2. Your appreciation. Men want you to appreciate what they do for you. It's the best reward possible, and your appreciation will encourage him to look for more ways to please you.

3. Honesty. Men do not excel at mind reading. Tell us what you want. We are happiest when we have a clear mission.

4. Loyalty. Look for ways to show him that you've got his back.

5. A sense of belonging. This comes from building a shared life story. Reminisce occasionally about the parts of his life story you have shared with him.

6. A feminine partner. His biology is wired to respond to everything that's feminine about you. But it's awkward for a man to ask you to embrace your feminine qualities in the way you dress, the way you interact with him, or in the way you flirt with him. It's still something he wants in the relationship.

7. Companionship. Yeah, someone to laugh at his silly jokes, go with him to see the latest action movie, and just spend time with him.

8. A cheerleader. Someone to help him see the good in himself, his life, and his relationship with you. Your positive attitude matters so much to a man when he's with you. When you make him smile, it makes his whole day.

9. Physical Flirting. Men like to take the lead in relationships. It's no different with physical intimacy, except at the very beginning. If you ask a man to bring you flowers, it doesn't feel a special when he does it. For the same reasons, he's not going to ask you to flirt with him on a physical level. But he'll love it if you do.

10. Space and Trust. Men want breathing room in a relationship, and to be able to spend time alone just chilling. Men often hesitate to ask for this openly for fear of hurting your feelings. But it means a lot to him if you encourage him to pursue activities outside your relationship, and that will strengthen the relationship you share.

10 THINGS WOMEN UNWITTINGLY DO TO ACCIDENTALLY DRIVE A GOOD MAN AWAY

- 1.** Comparing him to another guy. Whether you're admiring another man's hot physique or praising your brother's athletic prowess, men don't want to be compared to other men. Nobody likes to be 'rated' against someone else and fall short.
- 2.** Smothering. If you text him too many times or expect long phone conversations every day, he may not respond well. Let him chase you some of the time. This will create balance in your relationship.
- 3.** Assuming he's upset when he won't talk. Yeah, this is a common mistake. Most women talk about their lives, even when feeling under pressure. But men tend to clam up when they are on a mission that's not going well. If he's silent, it doesn't automatically mean he's mad or upset or doesn't like you. He just has less mental space to allocate to his relationship right now. And if you accuse him of being upset, he'll react with frustration.
- 4.** Mothering him. Many women just naturally fall into the habit of nurturing and mothering their man, making sure he gets enough to eat or drives safely or looks after himself. Most men don't like this at all! It can be a turn-off because it dampens his desire to win your respect as a rugged, independent guy.
- 5.** Forgetting he has feelings. Since many men are quiet and don't talk about their emotions, it can cause women to forget he even has feelings. Yes, he does, and he cares about you. He's just different.
- 6.** Criticizing him in the hopes that he'll improve. Men don't respond well at all to any critique of their lives. If you want him to improve or change, then instead catch him doing something right and tell him you want more of that.
- 7.** Gossiping about him to all your girlfriends. Everyone deserves to have their private lives remain private, and for some reason, men become less emotionally open when they believe you tell others about private conversations. It makes him feel vulnerable.
- 8.** Failing to ask for help. This one is very important. A man gets a powerful sense of belonging by finding a relationship where he is needed. It just feels right to him even if it doesn't make much sense to you.
- 9.** Not noticing the things he does for you. Men show love through their actions, like starting your car for you or calling a restaurant for a reservation. Notice the little things he does.
- 10.** Taking him for granted. Many men are very easygoing and have steady personalities. Women can sometimes make the mistake of taking him for granted. Go out of your way to thank him for being steady and true. This will earn you a lot of leeway if you later find yourself going through emotional ups and downs that he doesn't enjoy.

10 WAYS TO REBUILD INTIMACY IN A LONG-TERM RELATIONSHIP

- 1.** Look at old pictures together. Reliving travel, holiday, and family memories can revive feelings of affection.
- 2.** Give your bedroom a makeover. After you've been sleeping and loving in the same bed for years, it can get boring. New sheets and pillows can spark a new flame.
- 3.** Practice random acts of kindness. Small and unexpected things are often more powerful than grand gestures. Use the emotional power of surprise to your advantage.
- 4.** Watch a sexy movie together. The combination of great acting, music, and good lighting in a film can be just the thing you need. Bonus points if it was a movie you watched in the past that you both liked.
- 5.** Read to each other. It can be something informative, like a blog post, or creative, like poetry. Take a few minutes to listen to the sound of each others' voices.
- 6.** Go on a technology fast. With smartphones, computers, tablets, video games, and the TV blaring in the background, it's not exactly setting the mood for romance. Turn off the gadgets and spend time with the person you love instead.
- 7.** Create new nicknames for each other. It can be silly or sexy or sweet. Use it as a shared code word when you're out in public.
- 8.** Establish a new tradition together that's tied to a special date in your relationship. You could even make up your own holiday, where you both take a day off from work and make it "Us" day.
- 9.** Dance. You can do this in your home or in an unexpected location. It's also fun to put on music and sing loudly when doing the dishes or riding in the car together.
- 10.** Go somewhere new together. Changing your environment can reawaken the feeling of excitement and exploration that originally brought you together.