



Make Every Man Want You

*How to Be So Irresistible You'll
Barely Keep from Dating Yourself!*

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Irresistibility 101

Take the first step in faith. You don't have to see the whole staircase. Just take the first step.

—*Dr. Martin Luther King Jr.*

Have you ever had the feeling that you were meant for great things? As a little girl, did you know you had something special to express into the world? Many of us have lost touch with our whimsical, feminine dreams of greatness in exchange for a more driven, masculine take on success. Without even knowing it, we've been enlisted on a mission: to prove we can do it as well as, or better than, the men. We are all so desperate to attain what we imagine will make us equal and happy (a successful career, marriage, family, 2.2 kids) that we forget who we really are: brilliant, sexy, and magical beings like no other.

We've forgotten that our power lies not in competing with or trying to be like men but in embracing our natural and womanly strengths of compassion, enchantment, and

tenderness. We are intuitive healers and masterful lovers. Our hearts run deep with emotion, and we cast a wide net for spiritual truth. Our sexuality and feminine wiles inspire, enliven, and empower. We are remarkable.

The world is in desperate need of irresistible women: women who are willing to be enthusiastic, alive, and expressive—regardless of the circumstance; women who are not afraid to tell their truth or speak up for what they believe in; women who feel at ease being intelligent, sensual, and compassionate all at once; women who do not compete with, demean, or do battle against men (or other women) but who see everyone for who they really are—fellow human beings also in search of a great life, in search of love.

Let's face it: love is all we really want. Although we strive for the right clothes, the right hair, the right body, the right job, the right relationship, what we really want is to know someone loves us and everything's going to be OK.

You know what? You are loved and you are OK right now. Everything else is an illusion. Worry, regret, and anxiety are all mental constructions called up by our minds to distract us from the terrifying realization that underneath it all, we're just fine. As we relax and embrace our own OKness, we unlock our irresistibility. Our dreams surge back into our hearts, and our spirits are free to soar once again. Without so much energy tied up in our imagined neuroses, we have the time and energy to reengage with our purpose and once again make a difference in our world. You are an extraordinary woman. You have a purpose in this world,

and hiding behind a fictional story that you're broken or incomplete is not it. The world needs you. It needs that very special something you knew you had when you were a little girl.

Claiming your irresistibility is the key to fulfilling your potential as a woman and as a human being. It's the secret to making the impact on the world you were meant to make. Women who embrace their irresistibility hold the heart of the world.

Fully embrace your feminine as well as your masculine energies. We all have both, and integrating them in a balanced way is the key to unlocking your full potential as a human being. Follow as much as you lead. Comfort as much as you command. Dance with the ever-changing flow of both masculine and feminine energies within you, and allow the fullness of your glory as an irresistible woman to show through in everything you do. Your feminine side is more compelling than you could ever imagine. Your softness and vulnerability are magnificent. You are an irresistible woman. Be proud. Whether it's in the boardroom or the bedroom, on the battlefield or in the grocery store, our world needs irresistible women now more than ever. Our children need them. Our businesses need them. Our schools need them. Our governments need them. The world needs you to claim your brilliance and share it. Let your life be an example of how glorious it is to be an irresistible woman.

Irresistibility 101 lays groundwork for having a brilliant life and magical relationships and, of course, for being authentically irresistible. The purpose of this chapter is to

open your mind to new possibilities and greater personal awareness. Awareness is the key that allows you to stop automatically doing things that drive men away and begin naturally doing things that support happy and satisfying relationships. Master this stuff and you'll notice that men, women, children, small animals, large animals, dust bunnies, and anything else that's not glued down will find it virtually impossible to resist you.

Your Irresistibility Lies in the Present Moment

Take a deep breath and let your shoulders melt down. Relax your jaw and ease into the moment. Allow yourself simply to be here. Forget about your to-do lists. Let go of wandering thoughts of what you might have for dinner or regrets about what you didn't get done today at work.

Your ability to be completely irresistible and make every man want you lies in the present moment. When you are fully present (meaning your full attention is in "the now"), you access the infinite source of beauty and aliveness inherent in every living creature. You become one with the cosmic intelligence and timeless magnificence of all that is.

On a physiological level, being present means that you stop going on mental vacations and actively engage your mind, body, and soul in whatever you are doing in this moment. You let go of thoughts about the past and worries

about the future and bring your full attention to whatever, or whoever, is in front of you right now. In the context of reading this book, being present means giving your full, undivided attention to “hearing” the words on the page as you read them.

Refrain from the temptation to compare this to other self-help books you’ve read or to wonder whether or not this will work for you. All that mental chatter pulls you out of the moment and away from your irresistibility. Listening to that conversation you have with yourself is what has gotten you lost and confused in the first place.

Here’s a nugget of wisdom that can transform your life in an instant. Ready?

You are not your mind.

You have a mind, but you are not your mind. You are also not the conversation you have with yourself in your mind. You may be thinking, “What conversation? What is she talking about?” *That one!*

Of course, you may be thinking, “Well then, who *am* I?” Who you are is a glorious being behind your mind. You are the awareness, the observer, the listener. You are the wise, elegant, generous, and loving consciousness that knows exactly what I’m talking about right now.

Know this, too: your irresistibility is greatest when you’re present and disengaged from your mental chatter. That’s because the fullness and glory of your being is showing through. Your being is your highest self and grandest expression of who you are. It is timeless and beautiful, full of love, compassion, forgiveness, and sensuality. It needs

nothing and seeks no approval. It is who you really are beneath all of the worry, concern, and fear.

Your mind, on the other hand, is a past/future fear-based machine that is primarily concerned with survival. It's always comparing, analyzing, scheming, and talking to you about what you need to do in order to become better, prettier, more successful, or more attractive. The mind is usually not supportive of your irresistibility. It likes to talk about your mistakes and how bad, unattractive, stupid, or unworthy you are. (By the way, none of those things your mind talks to you about are actually true, but unless you become aware that you are not your mind, you believe them to be true.)

The real truth is that it doesn't matter how many mistakes you've made in the past or how many relationships have not worked out. It also doesn't matter how much you weigh, how old you are, or what you do for a living. You can be absolutely irresistible starting right now. The rest of this book will show you how.

Everything Is as It Should Be

There are no coincidences. What you have in your life you attracted to yourself, consciously or unconsciously. Everything is exactly as it should be. Every joy, challenge, opportunity, and circumstance—including the fact that you are reading this book—is exactly what you need to serve

your own personal, irresistible evolution. None of this is coincidence.

Many women struggle against what's happening in their lives, as though things should be different. They don't recognize that when one struggles against the moment, one actually struggles against the entire universe. This constant battle of resistance is deadly to our irresistibility. Every bit of disappointment, anger, pain, upset, and disharmony we experience is a result of our resistance to, or disagreement with, some current aspect of our life.

Conversely, when we stop resisting or disagreeing with how our life is showing up and truly surrender to the fact that everything is as it should be, we get back in sync with the universe and have instant access to greater personal power, clarity, and irresistibility.

It's important to note that understanding "everything is as it should be" does not mean you roll over and play dead, stay in an abusive or unloving relationship, or become complacent. Acknowledging reality empowers you. It puts you in the driver's seat of your life and turns the ignition.

The practice of acknowledging reality is called making is-ness your business. In other words, get more interested in reality, or what is, rather than complaining or wishing things would be different. (Side note: the notion of is-ness has been mentioned in everything from religion to spirituality to self-improvement to science. While I didn't create it, I do find it incredibly useful, as will you.)

In short, here's what making is-ness your business means: engage in your life with enthusiasm exactly as it is, regardless of your likes and dislikes, your preferences, ideas, beliefs, and opinions about how things should be or could be. Unconditionally allow things to be the way they are. When you deal with what is, or your is-ness, you can then choose who you'd like to be in relationship to that.

Making is-ness your business is the secret to being powerful and magnetic in your life. When you consistently engage with your life exactly as it is—not as you would prefer it—you're no longer held hostage by your circumstances or victimized by the world. Here's an example. Let's say you're stuck in traffic. Being in gridlock, at that moment, is your is-ness. Of course, you don't prefer to be stuck in traffic, but that is how it is. You have two choices: you can moan and complain about it (resist your is-ness) or you can surrender (make is-ness your business) and enjoy it. Enjoying it may look like listening to the radio and rocking it out to your favorite tunes (what I affectionately call car dancing), listening to educational or personal development CDs, making phone calls that need to be handled, or simply relaxing back into your seat. What I find so powerful is that very often, when I genuinely surrender to traffic, not only does my frustration quickly subside, but the traffic also begins moving quite quickly again as well.

Important caveat: you can't practice making is-ness your business as a manipulation to make a situation

improve or get better. You've got to genuinely give it a go. Only then will the magic happen. Understanding this universal truth is essential to the Make Every Man Want You approach because this is your access point to full personal blossoming.

■■■■■■■■■■■■■■■■■■■■ **Irresistible Insight Questions** ■■■■■■■■■■■■■■■■■■■■

1. Have you noticed that when you resist your is-ness, the result is always frustration? Can you see that arguing with what is only produces pain and misery, especially in you?
2. How would your life shift if you made is-ness your business all the time? Do you think you'd be more or less loving? More or less effective? More or less irresistible?
3. What is your relationship like right now? Not what it should be if the two of you could stop arguing or could be if he had more money but what it actually is at this moment. Can you stop holding back and start loving? What kind of impact would compassion have on your relationship?
4. Are you willing to give up frustration and anger in lieu of a new possibility? How good will you allow your life to be?

Where Our Ideas Come From

As a kid, I loved music. One song that brings back fond memories was by an artist named Falco. He had a very catchy tune that I used to sing and dance to. At nine years old, I especially liked the fact that he had a thick foreign

Irresistible Action Challenge

For the next twenty-four hours, make is-ness your total business. No matter what happens—your printer breaks, your date cancels, or the plane is delayed for two hours—pretend that you wanted it to happen. You can even say, “And this is what I want!” after any circumstance that your mind wants to resist. For example:

You’re on hold for forty-five minutes with your cell phone provider. Say to yourself, “Huh . . . I’ve been on hold for forty-five minutes . . . and this is what I want!” Then, when you lose your signal and get disconnected just as you’re about to speak with a customer service rep, say, “Huh . . . just got disconnected . . . and this is what I want.” While it may feel slightly kooky, this exercise not only will give you a laugh but will also help you become aware of all the ways you resist your is-ness and unwittingly create misery, frustration, and upset in your life.

accent and sang about hot potatoes (an odd choice I thought, but hey—it was the '80s, and he was Austrian). It went something like this:

“Hot potatoes, hot potatoes, hot po-ta-toes, hot potatoes, hot potatoes—oh oh oh, hot potatoes . . .” The song had a really funky electronic sound, and in the summer of 1985, when I was nine years old, I thought it was cool. Fast-forward nine years. I was watching a “Top Hits of the '80s” music video special on MTV when they announced Falco was up next. “Cool,” I thought. “I’ll finally get to see why this guy sings about hot potatoes.”

Well, to my surprise and embarrassment, the song had nothing at all to do with hot potatoes. The song was called “Rock Me Amadeus.” At nine years old, I had never heard of Amadeus—it wasn’t in my vocabulary yet. My young mind filled in with something that sounded familiar (hot potatoes), and until I learned otherwise, I believed Falco’s hit was about steaming spuds.

The point of this story is to illustrate that everything we know is simply a collection of thoughts and information we have absorbed over our lifetime. Most of us never investigate whether those thoughts and that information are actually accurate. When it comes to men and relationships, most of us have absorbed ideas that not only are inaccurate but also undermine our ability to enjoy a healthy and satisfying love life.

Let’s face it: your parents probably didn’t take a How to Have Wonderful Relationships course in school. How about your grandparents? Did they have Loving and Lasting Rela-

tionships 101? Doubt it. They learned from their parents, who learned from their parents, and so on and so forth, all the way back in time.

While it's not your fault, or anyone else's, that you've been operating on some erroneous information about relationships that's been passed down since the beginning of time, it's now your responsibility to step up and use what works. As Maya Angelou says, "Now you know better, so you do better."

Investigate Your Thinking Problem

The first step in kicking a drinking problem is to admit you have one. Well, most women, myself included, have some form of a "thinking" problem—especially when it comes to men and relationships. We think excessively, and much of our thinking is repetitive, illusory, and downright toxic. So the first step in kicking our thinking problem is to admit that we have one.

It has been said that humans have approximately fifty to sixty thousand thoughts per day and 95 percent of those thoughts are the same ones we had yesterday. This means that unconsciously, we're all feeding ourselves the same inaccurate information over and over again. No wonder nothing ever seems to change.

The way out is through awareness. Be willing to investigate how your mind and belief system are currently con-

figured around men and relationships. Take a look at what you believe and why you believe it in the first place. Ask yourself, “Who put that thought there? Who said so? Is it serving me?” Regarding the last question, my guess is that, for the most part, it’s not.

Now let’s investigate what you know about relationships. As we discovered earlier with my “hot potatoes” lyrics, much of what we believe to be true is simply an old collection of thoughts put together by a younger, less experienced version of ourselves.

When it comes to men and relationships, our ideas are often put in place during an upsetting situation, such as a breakup. Ideas like:

- I can’t trust men.
- I’m not pretty/skinny/talented/funny enough.
- All men cheat.
- Relationships are hard work.
- I’ll never find someone.

It’s during times of disappointment that we make decisions in our minds that limit what is possible for us in the future. The problem is that we often forget those decisions were made, yet as we move forward in time, those old decisions hold us back from feeling fully alive and capable of truly connecting in our relationships.

Much like an old computer, our minds have outdated software. Investigating our thinking problem is akin to get-

ting a much-needed software upgrade. As we look, we'll see that the information our minds contain—especially about men and relationships—is not only outdated but also completely contradictory to what we say we want now. See for yourself. Quickly complete the following sentences:

Love is _____.

Good men are _____.

I'll bet you had some automatic responses, like “blind” and “hard to find.” Even if we don't believe those statements to be true, our minds, like the autofill function on computers, automatically fill in the blanks based on information we've put there or heard before. If you want to make every man want you, you've got to bring awareness to your thinking problem and get clean. Remaining unaware that you are holding on to old ideas only keeps you stuck in the past and out of the present, where more fulfilling and expansive relationship possibilities exist.

Being Irresistible Requires Personal Responsibility

Personal responsibility means being accountable for the results that do or do not show up in your life. More specifically, responsibility means you have the ability to respond

Irresistible Action Challenge

What are some ideas about love, men, and relationships you hold as "the truth"? What types of things were you told by family and friends? What old decisions about men or relationships have you made during an upsetting experience? Take a few minutes and write down what you believe to be "the truth."

Now look at your first "truth" and answer the following questions. Then go back and review the questions for each old "truth" you wrote down. How old were you when you first had that idea? Is it serving you now? How willing are you to kick your thinking problem and reclaim your irresistibility?

to your life instead of automatically react to it. Many of us behave like robots, mechanically acting out habitual thought patterns of self-pity, overwhelming resentment, and wishful thinking. Rather than discovering who we are now or who we are with now, we re-act, or act again, based on how we reacted to similar events in our past.

Women often unleash old anger and resentment from the past on people they are currently dating. This commonly includes grievances held against former boyfriends, husbands, and bosses and, particularly, gripes with Dad.

This automatic behavior kills our irresistibility. It is also why many women keep having the same relationships over and over again with different men. They keep re-acting out of old, robotic habits and repeatedly produce similar, undesirable results with every man they meet. Rather than taking responsibility and investigating how they operate to see what they are doing (or not doing), they find it easier to place the blame on the “bad man” or on “bad luck.”

Being personally responsible allows you to dissolve old programming and start responding to your life appropriately rather than mechanically re-acting like you did in the past. This is an incredibly exciting place to live. With personal responsibility, you gain a tremendous amount of control in your life. You can free yourself from cyclical life patterns and proactively impact the quality and existence of your relationships.

The first step in personal responsibility is to bring awareness to how you operate in your life. This means being investigative, observant, and nonjudgmental. My good friends Ariel and Shya Kane, internationally acclaimed authors and seminar leaders, teach an easy and effective way to do this: pretend you’re an anthropologist studying a culture of one—you.

The Kanes encourage an anthropological approach to life. Anthropologists simply note what is. They look and observe without adding commentary or judgment. For example, an anthropologist would never say, “Those crazy

savages perform ridiculous fire dances at ungodly hours.” An anthropologist would simply jot down, “The indigenous people perform fire rituals at 3:00 A.M.”

If you want to be irresistibly attractive, you have to observe yourself in this same nonjudgmental way. Simply notice what you do. When you judge, berate, criticize, complain, or otherwise add commentary to your self-observations, you actually cement undesirable behaviors in place.

The challenge, of course, is that our minds are automatic judgment machines. They instantly evaluate everything we do as either good or bad, right or wrong. Thankfully, this isn't a problem. The trick is to simply notice the judgment and then not judge yourself for judging yourself. And if that doesn't work (you continue to judge yourself for judging yourself) take one step out and don't judge yourself for judging yourself for judging yourself. At some point, you'll reach a state of neutrality.

There's a law in physics that states that for every action, there is an equal and opposite reaction. In other words, what we resist persists. Judging, berating, criticizing, and complaining are all forms of resisting. They are nonneutral statements that act like Krazy Glue and stick your unwanted behavioral patterns to you. When you simply notice what you do instead of judge or criticize yourself, a magical transformation takes place instantly. You will no longer be run by the habitual behaviors that kill your irre-

sistibility and cause relationship mischief. This is because what you nonjudgmentally look at disappears.

Looking at something without judging it is neutral and liberating. If you nonjudgmentally observe a behavior, you will have introduced choice into the equation. In that moment, you are free (if you so choose) to stop doing those things that kill your attractiveness. Being nonjudgmental instantly dissolves the habitual nature of your behaviors and creates the option for you to be authentically, appropriately, and irresistibly you.

If there's any situation or circumstance in your life that you don't like (for example, being single, out of shape, shy around men, in a mediocre relationship), you're resisting it. Said another way, when you resist something, you actually add energy to it by thinking about how much you don't like it or wish it would be over already. This keeps re-creating it in your experience, and pretty soon, it's all you can think about.

When you simply look at a situation, see it as it is, and stop wishing it were different, the situation loses its dominating power over you. The problematic aspect of it disappears. You lighten up and interact more lovingly with your life and the people in it. By being aware of what is without resisting it, your unconditioned consciousness is awakened. You can see more clearly and compassionately. Your ability to be effective instantly expands. It is from this place of neutral awareness that your true irresistibility is unleashed and the following can occur:

- Being single is no longer a problem or failing you have to get over. It's an opportunity to reengage in your life and reinvest in your spiritual growth. It's a jump-off point for fun, adventure, romance, and self-discovery.
- Being out of shape is no longer a permanent character flaw. It's simply your current starting place from which to reveal a stronger, healthier, and more fit you.
- Being in an unsatisfying relationship is not something you have to make different (that is, you needn't try to change your man into something he's not). Tell the truth that it doesn't work for you anymore, and give yourself the option to create something that does work.

Contrary to popular belief, you do not need years of therapy to heal yourself or change undesired behaviors. With awareness (again, which is a judgment-free noticing of something), resolution can occur instantly.

Reality check: does this mean that if you are \$26,000 in debt and you look at it nonjudgmentally, it will literally disappear? I wish. What will happen, however, is that you will no longer be dominated by the guilt, worry, and fear associated with it. You'll get your life back and regain your personal power. By noticing the is-ness of your debt, you

can begin taking action to reduce it. The universe will support you with a bigger tax refund, a raise, new clients, or other “found” money. In the meantime, you will no longer live under the constant mental chatter about how “bad” you are for having debt or live your life through a filter of scarcity.

The first step is personal responsibility. And the key to personal responsibility is awareness. When you become aware of things you do that are not conducive to attracting and keeping men, and don’t judge yourself for what you discover, you actually stop doing those things.

The Irresistible Paradox: You’re Already Irresistible and There’s More to Come

A paradox is a statement that initially appears to be contradictory but then, upon closer inspection, turns out to be true. Most women I know are truly irresistible, but they just don’t know it yet. They walk around with false and outdated ideas of who they are and look for validation in places it can never be found—such as the right body, a successful career, or the perfect relationship.

The truth is your irresistibility is independent of the physical world and your life circumstances. It is ageless and outside the confines of time and space. You are not separate from it. You do not have to be someone else or do anything additional to access it. You simply need to remember your true nature, your being, and be willing to look at

the obstacles that have gotten in your way without judging yourself for what you discover.

You've already taken the first step. You've had the courage and desire to invest in this book. That tells me you are willing to investigate your own personal landscape and take the exciting journey of self-realization.

I tell you this: your irresistibility is already within; however, there is certain information you're currently unaware of that's sabotaging its full bloom. And, although you're already irresistible, there's always more that's possible. Your potential is limitless, and you will continue to discover deeper facets of your aliveness if you are willing to keep investing in yourself and practice the irresistible lifestyle outlined in this book. Make no mistake. There is *no limit* to how radiant, alive, and irresistible you can be.

Satisfying and Loving Relationships Are Your Birthright

You deserve healthy, satisfying, and loving relationships. They are your birthright. God (a.k.a. the goddess, the universe, higher power, the source, or whatever you like to call him or her) created you—and everything else in our universe—in complete perfection. By virtue of having been born, you are loved. It is not something you have to earn, manipulate, or figure out how to produce. It's hardwired into you. You are not separate from love.

In a certain respect, love is all there is. Fear, resentment, isolation, and aloneness are all illusions created by the mind to keep us believing we are separate from one another and separate from our divinity. The mind needs this belief to survive. The mind thrives on it. Your being, however, knows that underneath the illusion of the mind, love is all there is. Your being knows there is no limit on love's supply. Love will never run out and it can never be stolen from you, because you are the source. Giving it away only produces more. Remember this as you meet the obstacles to your irresistibility. Love is the fuel that energizes the world and can transform all darkness into light. Let it fuel you past the false thoughts and old ideas that have shadowed your true irresistible nature up until now.

Irrisistibility Is a Lifestyle, Not a One-Time Magic Pill

You're discovering how to naturally unleash your irresistibility, inside and out. It is the greatest gift you can give yourself and the world. But being irresistible is a lifestyle, not a one-time magic pill. It's like being in great physical shape. You can't exercise once and then never go to the gym again and expect to be fit. Lasting results of health, fitness, and well-being come from consistency over time. Being irresistibly "fit" is no different.

A lifestyle, by definition, is a way of life or style of living that reflects the attitudes and values of a person. The irre-

sistible lifestyle is about being fully alive, expressive, and compassionate (to yourself and others). It's about accessing your highest self and living consistently with awareness.

The irresistible lifestyle can be easily forgotten when life throws you a curveball. You lose your job. Your printer goes on strike right before a big meeting. The new guy who seemed so dreamy turns out to be a royal jerk. When you get upset or disappointed, it's normal to get knocked off center and forget your true irresistible nature. It's tempting to slip back into old, unattractive, familiar habits. I'm not suggesting that you pretend everything's rosy when it's not. What I am suggesting is that you don't hang out there.

Build your irresistible lifestyle muscles by following these three steps:

1. Practice neutrally observing what you feel.
Acknowledge your emotions. Tell the truth.
Report your inner reality without adding a layer of drama or victimhood over it.
2. Allow yourself to really feel it without trying to make the feeling different than it is or attempting to get over it. Experience the physical sensation. Watch what's happening on an emotional level without getting lost in the mechanical thoughts triggered by your mind.
3. Keep bringing yourself back to this moment and respond (not react) from there.

Please don't misunderstand. I'm not suggesting that you pretend to be happy when you're not or that you don't speak your mind when something's not working for you. What I am proposing is another possibility: a space of irresistibility where you can be authentic, communicate your truth fully, and enjoy a sense of well-being all at the same time.

Don't forget your true nature. It's during challenging times that we most need to remember how brilliant we really are. Support yourself back to center by rereading this book and others that leave you feeling inspired and alive. Reach out. Call your coach or others who can help you get back on track. Use this work to create a community of irresistible women (and men) who will support each other in living from their brilliance, not their victimhood.

Just like working out, these practices will build your irresistibility muscles. You'll develop strength and stamina over time. When you get bumped off course, you'll be able to quickly and easily regain your center. Your intrinsic nature is irresistibility. It is healing, both for you and for the world. Make it a lifestyle.

No Manipulations, Tricks, or Techniques

Being authentically irresistible is not about how to manipulate men or do little tricks or techniques to get them to love you. After all, if you have to manipulate, perform trickery,

or master techniques to get someone to love you, he doesn't love the real you.

He's fallen for a well-executed technique. And what's worse, if you use manipulation or tricks to catch a man, you'll have to keep up a 24-7 charade so he'll never catch a glimpse of the real you. (Because if he did, you fear he'd leave!)

The Make Every Man Want You approach is completely different. It's about waking up and being alive, being expressive, and, most importantly, being you. It's about healing every false thought you've ever had about love and relationships. It's about discovering your natural ability to be authentic, sensual, and downright irresistible in a way that is true to your soul and inspires others to do the same. Tricks and techniques are cheap. Authentic irresistibility is exquisite. Go for the real deal.

Victimhood Is Prohibited

There are no irresistible victims. Being irresistible means you take full responsibility for your life. That means recognizing that you've engineered your life to be exactly the way it is right now.

Many women believe that the events of their lives are determined by factors that are out of their control. I often hear women speaking of their bad luck in relationships (and in life) as though it was something happening inde-

pendently of them. They'll say, "Why do I always get guys like this?" or "If I didn't have to work for such a crazy boss, I'd have time to work out and be in shape."

Other women assume their repetitive relationship difficulties stem from a fault within and believe they have some kind of genetic character flaw, again, completely out of their control. They'll say things like, "I can't help myself. I have to be with him. That's just the way I am!" or "I'm just lazy. Getting to the gym is too much work for someone like me." Both are inaccurate.

If you're capable enough to get your hands on a copy of this book, you're capable enough to drop your drama, discover how to be irresistibly you, and do what it takes to have wonderful, satisfying relationships.

Truth Telling Is Required

The women who have the highest success with the Make Every Man Want You approach are the ones willing to tell the truth—to themselves, about themselves. They say, "Yes, I do that!" when they recognize they've been complaining, whining, or behaving in some way that doesn't succeed in producing the results they want (for example, being irresistible or having great relationships with men). They don't beat on themselves or judge themselves for what they discover. They simply notice the truth and move on.

Irresistible women are also willing to let go of their need to be "right" and defend their point of view—as

though they know it all already. All true growth and learning comes out of a willingness to not know. Think about it. Whenever you have the courage to say, “I don’t know . . .” or “Perhaps there’s another way . . .,” you open yourself up for greater insight and possibilities. I always get suspicious when coaching clients quickly say, “Yes, yes, I know that already,” when I give them feedback. That snappy “Yes, yes, I know that already” tells me they really don’t know that already and are unwilling to look stupid—mostly to themselves. The fact is, what they “know” has gotten them into trouble in the first place. An open, receptive, and non-defensive attitude allows for more expansive, miracle-based relationship possibilities to enter.

We’ve got to be willing to tell the truth—to ourselves, about ourselves—in order to see and dissolve those things we do to sabotage our relationships. The truth really does set us free.

Humor and Fun Are Strongly Suggested

Right now you’re holding a road map to enlightened irresistibility. And as they say, the middle word in enlightenment is *light*. Having a sense of humor about yourself and your past relationship mistakes not only will expedite your results but also will nourish your soul and give you some good laughs along the way.

It takes a level of humility and lightheartedness to see things about yourself that you may consider foolish

Irresistible Action Challenge

What are at least three ways you're already irresistible? Name at least three things you appreciate about you right now.

Bring awareness to how much you say, either in your head or aloud, "I know that already." Can you smile at that thought and gently redirect your attention to hearing or seeing things as though for the first time? How willing are you to be a fresh canvas upon which life can bring you something new?

Lighten up, daaarling. Most of us take ourselves (and our lives) too darn seriously. This unnecessary "tightness" is a real buzz kill to our irresistibility and well-being. Test this for yourself: next time you're getting a little too serious, do a body scan. Are you scrunching up your face or squeezing your shoulders? Notice how you feel. Is it fun? Are you enjoying the experience?

or embarrassing. Be gentle with yourself and recognize there's not a woman on the planet who doesn't have her own personal collection of moments when she said, "What was I thinking?!" when it comes to love and relationships.