

7 TIPS TO MAKE HIM LOVE YOU

Forever



7 Tips To Make Him Love You – Forever!

***The Truth About What He Wants
And Needs From You***

By Mirabelle Summers

All Rights Reserved
Copyright © 2013 MeetYourSweet.com

No part of this book may be reproduced, transmitted or distributed in any form or by any means, electrical or mechanical, including photocopying and recording, or by any information storage or retrieval system without permission in writing from MeetYourSweet.com.

The information contained in this book is provided 'as is' without warranty of any kind. The entire risk as to the results and the performance of the information is assumed by the user, and in no event shall MeetYourSweet.com be liable for any consequential, incidental or direct damages suffered in the course of using the information in this book.

Table Of Contents

- 1. Introduction: Why You're Here**
- 2. Why Your Outside Matters – Deep Down Inside**
- 3. Sometimes, A Man Just Wants Quiet.**
- 4. Your Sex Is On Fire ...**
- 5. Sex To Your Man Is Like Cuddles To You ... It's Strangely Important (Even If He Can't Explain Why)**
- 6. A Man Chases A Woman ... Until She Catches Him**
- 7. Know That He Cannot "Make You" Happy ... You've Gotta Do It Yourself**
- 8. You Respect Him ... And He Feels It, Every Day**

Introduction: Why You're Here

Let me be straight with you:

This book is going to make your *head spin*.

Not because it's difficult to read – on the contrary, if you're anything like most of the women I coach professionally, you'll be glued to your seat.

So what's the big deal?

It's this: you're about to discover 7 things about the man in your life (or the man you *want* to have in your life) that you NEVER heard before ...

... 7 tips that have already worked for *thousands* of women just like to you to make him fall in love, and STAY in love, with YOU.

However, I should warn you now: **I don't pull any punches.**

You're about to discover the TRUTH about what it really takes to have the man you want chasing you ... and you're going to learn how to do it *without chasing him*, without bending over backward, and without chasing his love (EVER.)

And while it's the truth ... and you NEED to know it (especially if you want a truly incredible relationship with the man you deserve to be with) ... it's not always pretty.

But more to the point: pretty or not, IT WORKS. And it will work for YOU.

How do I *know* this stuff works?

Well, thousands of ecstatic, relieved, happily committed clients aside ... I know it works

because I worked my butt off to get it right from the horse's mouth, that's why.

The information you're about to discover doesn't come from my own head, my own opinions, or even my own years and years of far-reaching professional insight.

Instead, this short, hard-hitting report is concerned more with the opinions of the over **2,000 men I surveyed, plus the dating and relationships experts, and other regular men whom I personally interviewed to get this very material...**

... And I got the inside look at what **really** gets a man to love you, want you, and BEG YOU to be with him forever.

You're going to learn how to alter your approach to men and love.

You're going to learn why 'nice girls' make men run AWAY.

You're going to learn what he *really* thinks, what he *really* wants, how he *expects* you to act ...

... and what you should do INSTEAD of that to make him sit up, take notice, fall in love with you (and *only* you) ... and never, ever let you walk away from him.

So I hope you're ready for a marriage proposal, because when you're done reading this, you're going to have more proposals than you know how to handle.

(And if you're already committed but wondering 'Where did he go? Why doesn't he seem to love me anymore?', you're going to learn what makes **you** more exciting to your man than **any woman he's ever met before ...**

... and you'll learn how to do it *without* wasting your time with any of the nice, insecure, or painful 'chasing' behavior that most women fall prey to.)

In short: you're about to learn how to make HIM chase YOU ... while swearing up and down that it's all 100% *his idea*.

But a word of fair warning: I don't sugarcoat. This is not the 'fluff' that you'll find in other dating and relationships books. You will be shocked. And these secrets may freak you out.

You have been warned!

So grab a glass of wine or a cup of coffee, get cosy, and get ready to **discover what you need to so *you* always feel like the one in control** – in control of how fast things go, how FAR they go, and how long *you* keep *him* around for.

The 7 secrets of how to make him love you forever ... starting in reverse order.

7. Why Your *Outside* Matters ... *Deep Down Inside*.

Obviously looks should never be the be all and end all to the success of your relationship. After all, looks fade a lot quicker than personality, love and friendship.

However, like it or not, love for men works totally differently than it does for women.

And looks DO play a part in their love and attraction towards you.

At the start when you first meet, looks play a bigger part than they do further into your relationship. Men are naturally drawn to beautiful women, and that doesn't mean you have to look like a supermodel, as each man has totally different tastes.

What it does mean if you are single is that you really should make an effort to keep looking your best.

It's no coincidence that the women who go to the most effort to dress nice, keep in shape, and smell nice, are often the ones that men are more likely to strike up a conversation with in the first place.

What's interesting is that men vary wildly in their tastes in women. Some men like older women, some prefer women with red hair and freckles, others like women with big breasts and others are attracted to legs, bums, curvy women, brunette hair, blue eyes and so forth.

I find it saddening and frustrating when as a dating and relationships coach, I meet a woman who has given up on trying to look her best because she thinks she is 'not good looking enough'.

It's amazing how some of the things that you like least about yourself, some men find the most attractive.

For instance, freckles, some men absolutely LOVE them, and others don't. Some men are really into plus sized or curvy women (they are more cuddly after all), and others prefer small petite women. Some men prefer older women, others like younger women. The list goes on and on.

When it comes to your looks, you merely need to recognize what **your best features** are, and accentuate them. Dress well for your body type, smile lots and then make sure you are always wearing a nice perfume as well.

Once you are already dating, then as far as looks are concerned, it's about being a woman who continues to **make an effort**.

Read that again, because it's important:

It's NOT the LOOKS that count ... it's the EFFORT you are perceived to be making.

So does that mean you have to garden in stilettos, sleep on rollers each night and rush out of bed at 5 am to do your makeup before he catches a glance?

Um, no. Let's get back to reality.

What it DOES mean is ...

If you are dating a man and you started off wearing cute jeans, cute tops, and maybe a little mascara, he's probably going to be thrilled.

Fast-forward three months and if you're suddenly wearing comfy sweats every day, have stopped washing your face, and only put on the nice jeans for nights out with other people...

Yeah, he's going to feel ripped off.

(Note: he will never, *ever* tell you this himself, so don't bother asking. Men know which side the bread's buttered on and it's in his interest to keep you happy by sugarcoating on this subject.)

Here's the part that shocks most women:

It's not the looks that count.

It's the effort you make that really makes a man feel special.

What men find most *unattractive* is a woman who doesn't make an effort.

That means an effort to dress nicely (keep buying new clothes), wear makeup (assuming you used to wear makeup when you started dating), eat reasonably healthy, and exercise.

You don't have to be perfect, just a little effort into some of these things makes the world of difference.

And take this nugget to heart: **it's NOT about being "thin and perfect" like some 20 year old Barbie.**

It doesn't matter how much weight you gained during pregnancy or during the last 20 years or WHATEVER. As long as he can see you making an effort to change what you want to change, most guys find that a HUGE turn on and it makes them feel important,

cared for, happy, and LOVED.

So how important is looks and appearance, really?

Well, put it this way: 'important' is a polite way of saying it ... because it's really more of an IMPERATIVE.

He will never, EVER tell you this, but he NEEDS you to make this effort in order to want you, respect you, desire you, and brag about you to all his friends (which trust me, he would LOVE to do.) Seeing you make the effort not only turns him on (in a BIG way), it also makes him feel loved, cared for, and special.

Examples of a woman NOT putting in an effort:

- Wearing sweats and sloppy clothes around him all the time
- Never doing your makeup,
- Not bothering to fix your hair,
- Eating a lot of sweets and garbage even though you complain about your weight
- Never going for a walk or taking any exercise at all
- Having low energy and FEELING BAD about yourself, but (here's the big one) **never doing anything to change it.**

Now, the weight question ...

Frequently, I have women sobbing in my office because they're not a skinny Barbie and they can't fit the bikini they wore in college any more.

Deep breath, ladies: *weight is not the point.*

Putting on weight is totally fine and natural, that's not so much an issue for many men. What is an issue is being with someone who just 'lets themselves go' without any efforts

at all.

Let me tell you a little story to prove my point.

Kara put on a bunch of weight during her first pregnancy, and for several months after the baby was born, she was too tired and stressed-out by new motherhood to even THINK about dieting or working out.

(If you've been there, I *know* you know what I'm talking about.)

And for those four or five months after the birth, every morning, she'd have a piece of cake, a coffee, and some chocolate for breakfast ... and her husband noticed her eating more sweets throughout the day as well.

Here's what he said about it:

“It's not the weight that mattered. Women never believe that, but it's true. We don't care if you put on 10, 20, even 50 pounds ... as long as we know there's HOPE FOR THE FUTURE.”

- Steve, 49, married 5 years

Here's how that translates to real life:

Steve didn't care that she'd put on weight.

What bugged him was that *he couldn't see it changing any time in the future*. He felt like there was no hope.

The take-home message?

He doesn't care how long it takes before you're back in shape. Everyone slips; you are human; he gets it.

(In fact, if your man is anything like the thousands of guys I interviewed for this report, he's probably worried you're going to notice the spare tire he's hiding under those flannel shirts himself.)

But if he doesn't see you CARING ... if he doesn't see you making an EFFORT ...

That's when he gives up hope ... and starts missing 'the old you'.

Bottom line:

If your man is worth it, in fact if *you* think that you yourself are worth it... then your health - and as an offshoot of that, your appearance - will always be important ... *to you*.

Guys also love to show their woman off to their friends. It's part of the inescapable competition that all guys are mired in from the moment they make their very first guy friend in kindergarten. *He* wants to win ... *he* wants to earn more ...

And deep down, he wants to have the cute girlfriend that all the other guys go, "Dude!" and high-five him for locking down.

Bad, I know. But that's the breaks.

He really wants to be able to show you off in front of his friends and be proud. He wants them to be jealous, or at least think of him as someone who as 'done well for himself'.

Also, it's like a Christmas present with a really nice wrapping... He's more likely to want to do romantic things for you and/or be intimate with you if you are making an effort to

look your best.

And remember – the results themselves aren't really the biggest deal here. Even if you aren't achieving the success you wish you'd have (as looking great becomes harder the older you get), the efforts you go to ARE attractive to men in of themselves.

Looks aren't everything, far from it, but at least a little effort each day makes the world of difference. He'll love and appreciate you more for it – and he'll *feel more loved by you* for tacitly understanding how important this is to him.

6. Sometimes, A Man Just Wants Quiet

Let me ask you, does this feel familiar...

Your guy comes home at the end of the day, and you just want to *talk* to him, ask how his day was, and catch up on the last 12 hours away from each other ...

... but when you reach out, he just grunts, avoids eye contact, and goes distant and reserved like he doesn't even know who you are?

Yeah.

Most women have that experience.

Want to know where it comes from?

Well, partly it's because he's a GUY (and he communicates differently to you ...)

And partly it's because he NEEDS that quiet time as (wait for it ...) *his proven path to coming closer to YOU again.*

(Dr John Gray, of *Men Are From Mars, Women Are From Venus* fame, puts this really well when he says that a man is like a rubber band: he needs to pull AWAY from you in order to snap right back again.)

So think of it this way: a guy needs the 'stress' of pulling away in order to come closer again. It's not a game. It's not even a CHOICE. It's simply how he's wired.

And (unless you're dating a total ass), 100% of guys do this even with – in fact, *especially with* – a girl they really, *really* like. Maybe even love.

Why?

It's like I said: to a guy, distance doesn't necessarily equal 'distance'. It's a method for gathering his desire, his passion, and his ENERGY: energy that he wants to use to come even closer to you than he was before.

But here's the catch: it doesn't work if you don't GIVE that rubber band the extra stretch it needs to ping back to you again. In fact, if you sulk, whine, or cling, you're actually preventing him from gathering that vital energy to spring back once again.

So what if you *really* hate when he does this?

What if you can't stand his moodiness, his distance, his weird reluctance to cuddle up and soothe you with delicious words of love (and his big strong arms that make you feel only the way HE can make you feel?)

Well, let's take a second here and reach out to your feminine, compassionate side:

Stress plays a part, too.

For many guys, 'distance' (yes, from you, his chosen woman) is the masculine equivalent of strawberry-cheesecake Haagen-Dazs: you know it's off-limits, but sometimes you just NEED IT ANYWAY ...

... and that's when you find yourself ripping open the freezer and devouring the entire tub (even though you know you really shouldn't.)

For many guys, 'distance' is the masculine equivalent of strawberry-cheesecake Haagen-Dazs: he knows it's off-limits, but sometimes he just NEEDS IT ANYWAY ...

Deep down, he knows you hate it when he goes cold. He tries hard not to.

But it's not always UP TO HIM.

Sometimes, he downright needs it – for his emotional, psychological, and mental SANITY.

Here's the thing: men and women react VERY differently to stress.

Women (yes, I'm making generalizations here) generally need to TALK about what's happened. We like to chat, we like to communicate, we like to take the contents of our head and our heart and share it with the person we care about most.

Guys, though, are different.

When a guy is stressed (and you've probably noticed this in your own experience), he needs what's known as "fire-gazing time": time to just be alone, to mull over things in the privacy of his own head, and come to grips with reality again.

Or alternatively: time to read the paper, or watch TV (while probably channel-surfing incessantly), or play Halo on X-Box while drinking a beer – *without* any extra demands being made on him.

“Sometimes when I come home after a long day, I honestly feel like my head is going to EXPLODE if I have to take on *one more* piece of information. I just need *half an hour* of quiet time to forget about all the dumb, stressy stuff that happens all day at work before I can talk it over with her and start to feel better about everything. I wish she got that about me.”

- Will, 33, in a relationship for 3 years

Personally (and I know I’m weird for being this way), I get this about men, because I’m *exactly* the same way.

When I come home after a long day at the office (or even just a tough workout at the gym), I feel as though I would give *anything* for a half-hour of peace and solitude to just unwind, drink a protein shake, check over Facebook before I have to hear about the broken washing machine or the urgent power bill that came in the mail.

So let me tell you:

It’s not that your guy doesn’t love you and want to hear about your day – or tell you about his.

He does.

But timing is everything.

Everyone needs a margin, a buffer, a BREAK between the stresses of the day (when he has to be on the ball, alert, alive, and awake) and the comforts of home (when he can relax, rumple up his hair, and have fun with you.)

“I love talking to my wife about stressy stuff. I’m not kidding. She always makes me feel better. But I have to do it in my *own time*, not the second I get home or right when I’m worrying about something else. I need to get it under control **FIRST, in my own head, **THEN** I can talk to her about it.”**

– Michael, 41, married for 4 years

Sometimes men need to have time to get away from everything and just have some quiet time.

And let’s be honest: the fastest way to become boring (to ANY man) is to make yourself available 24/7.

This is why it’s so important to have a life (and a backbone) of your own: to not always be ‘there’, ready to do whatever HE wants to do on his schedule.

You may wish to plan some fun days or nights out with your friends from time to time to give him some space, or at least be understanding if he seems to need some time to himself.

Sometimes quiet time, might be replaced by his need to just be away doing something with his friends, or working on a hobby. Don’t be jealous of his time, be supportive and he’ll love you more for it.

5. Your Sex Is On Fire ...

Nope, not talking about grinding around a stripper pole or taking lap-dance classes to 'jazz it up' in the bedroom.

(Although both of those could be a lot of fun, with the right guy.)

Instead, think about this sentence: *you are a WOMAN.*

Now think about what that means to you.

Do you 'get' how IMPORTANT your femininity is to the desire he feels for you?

Most women don't - and if you're still reading, I'm going to guess that you want a little help in this area too - so let me enlighten you ...

Here's how it works.

For a guy, depending on how 'masculine' he is, he will be *strongly* attracted to femininity.

And the more masculine he is, the more your femininity will attract him.

(That's why you always see those curvaceous Latina stiletto-wearing women paired up with muscular, macho football types ... the more feminine she is, the more masculine the man who wants her ... and the bigger the spark.)

Disclaimer: this is NOT politically incorrect ... it's just the plain honest truth.

So why can't we all just be equals? Who cares about gender roles? And WHY can't he just love you for your similarities to HIM, instead of your (delicious, sexy) female differences?

One word: NEUTER.

You don't want to become one of those weird, neutered couples with no spark, do you??

We've all seen those couples where it's like they become carbon copies of each other.

You know what I mean: if he's into sports, she'll rush off and buy new gym shoes and a sports bra and try to keep up when he pounds out laps round the block.

If he's a health nut, she'll stock up on organic granola and spirulina smoothie mix.

If he hates smoking, she'll hide her box of Marlboro Reds and pretend that's not Nicorette she's chewing.

So when you get right down to it, there are two parts to this that I really want you to get here:

1. Feminine women attract masculine men (and the more feminine you are, the MORE attracted he'll feel) ... *and*,
2. You need to have a backbone of your own and be YOUR OWN woman for this to work.

Just like how you are attracted to his masculine traits, he is attracted to your *femininity*. Don't lose that during your relationship, that is your secret power!

So what does femininity mean to a man?

In a word: *softness*. It's that compassion, that empathy, that sexy little smile you have just for him.

Now take all that womanly good stuff ... and combine it with a backbone, a sense of self, and an ability to throw it back at him as good as he gives it.

Case in point: I read an interview with Michael J. Fox the other day where he was talking about how he met his wife. They met at the lunch table, on the set of a movie, and he said something rude to her about having stinky 'scampi breath'.

Instead of apologizing or acting embarrassed, guess what she did?

She told him off for being rude and walked away.

He says he had a crush on her 'from that moment on'.

Being womanly is a sexy turn-on for a guy, sure. But it's when you combine that feminine sweetness with a backbone of steel – a strong sense of who you are and an unwillingness to take crap from *anybody* – that he finds himself *fascinated* by you.

4. Sex To Your Man Is Like Cuddles To You ... It's Strangely Important (Even If He Can't Explain Why.)

FACT: Most men want more sex than they are getting.

In fact, about two thirds of the 2,000 guys I interviewed for this report said something along the lines of this:

“I don't think she understands that having sex with me is the best possible way for her to show me she loves me.”

– Gabriel, 32, in a relationship for 4 years

Now, obviously you'll have to take this with a grain of salt if you're only **DATING** this guy. Sex means something very different for a guy who's single or dating (fun, a good time, and, um, more fun.)

But if you're in a serious, committed relationship, *having sex with him is how you make him feel, deep down inside, that you love him, care about him, and want him to be happy.*

When a man is not getting the loving, sexy attention from the woman he loves, the whole world goes cold. He feels lonely and scared and uncared for.

The parallel for you would be if your man suddenly stopped touching you, hugging you, and telling you he loved you. How happy do you think **YOU'D** feel without that flow of attention and affection?

Most women think of a man's sex drive as being a purely physical, biological thing... like, if he's going through a dry spell or has to go without, he simply feels a bit uncomfortable and deprived (the way you would if you had to skip eating for a day, or had to go without sleep.)

And while that is true, it's also a lot MORE than that ... it's an EMOTIONAL REQUIREMENT for a man as well.

It's confusing, horrible, and very, very cold EMOTIONALLY to a guy if he's not getting as much sex as he wants and needs with you.

Put it plainly, sex to a man is one of the best ways to make him feel safe, loved, cared for, and supported.

(Ever wonder why so many men want to make love directly after a terrible, stressful event like a funeral or the loss of a friend? It's because sex with you can make him feel comforted and loved and reassured that everything is going to be okay ... the way NOTHING ELSE can.)

Plus, guys are really insecure. When you have sex with him, and relatively often (there is no 'magic number', but let's say 2-3 times a week is the golden number for most guys), it reassures him that you want him, that he is sexy, that he is a big strong man and that he's/she's a desirable guy.

Imagine how you would feel if he never hugged you, kissed you, or spoke to you warmly at all? You would feel cold, left out, unwanted, and unloved. *That's how he feels when he's not getting the sex he needs.*

So why can't he talk about this with you? Simple ... most guys are extremely out of touch with their emotions, to a level that many women simply cannot comprehend.

The average guy literally doesn't even KNOW what he's feeling. He just feels driven to take some sort of action to remedy it.

So the bottom line is ... he can't tell you this stuff about sex, because if he's anything at all like most guys, he literally doesn't even know it himself.

He just knows he needs it ... he's sad and lonely without it ... and he can't understand why you're not as interested as he is in getting it.

3. A Man Chases A Woman ... Until She Catches Him

That's an ancient American proverb, and deep down, it's at the root of ALL attraction between men and women.

And if you try to go against this truth ...

... you're going up against 5 million years of human evolution and you risk making him feel uncomfortable, weirded out, and like something's just plain OFF.

The surprising part is that *your guy doesn't do the catching* (even though he's the masculine, macho, 'aggressive' one) ...

YOU'RE the one who catches **HIM**.

But *only* when you've created enough of a fire – and fanned it relentlessly with your delightful feminine charms – to make him chase you down, relentlessly, until you catch him (and keep him!)

Frankly, most women seem to get this mixed up. They do too much work, they bend over backwards, they chase their man for his attention and his love (YES even when he's already committed to them) ...

... not realizing that when **YOU** do the chasing, he gets bored, fidgety, starts dragging his feet, and complains to his friends in secret about how 'all the excitement's gone away' and it feels like you're an old married couple all of a sudden.

Secret truth that you may NOT be applying to your life: *the longer you're together, the MORE EXCITING it is for him if you can just LET HIM chase you.*

Because believe it or not, giving your man the opportunity to CHASE YOU is a huge privilege.

It's your gift to him: the gift of *feeling* like a man, the gift of feeling that gut-level excitement and desire again ...

In short, the thrill of the chase.

And guys LOVE it.

(But don't bother asking him. Any sane guy will deny this to the hilt, because they know how crazy and insulting and caveman-like it will sound to you.)

Men like to pursue an elusive woman, like a cake of wet soap in a bathtub; even men who hate baths. – Gelett Burgess, *Why Men Hate Women*

And this is where it gets a little 'sneaky' ...

You let him chase you, yes; but you ACTIVELY ENCOURAGE the chase.

Basically, you *force him* to chase you (heck, you've got 5 million years of human evolution on your side – guys have evolved as the aggressive hunters, the bringers home of bacon, the warriors, and today, the smart entrepreneurs, the successful business types, and the 'providers'.)

Trust me, he WANTS to chase you. You just need to MAKE HIM do it.

So how do you do *that*?

Simple ...

You enchant him with your irresistible feminine sparkle.

Put plainly, you flirt your ass off (YES even if you're already married and have five kids ... in fact, *especially* if you're already married and have 5 kids!)

You don't succumb to the gray-sweatpants-and-no-makeup-7-days-a-week virus.

You don't act complacent, as though you've already 'got him' so there's no point getting excited any more.

You treat him like a man ... a man whom you find strangely compelling ... a man who you find *sexually intriguing*.

And then you sit back, cross your legs alluringly, and let HIM do all the work.

Some women don't believe the incredible, imperative importance of this. They believe that, since they've bagged their man, they can just 'let go'. After all, he loves you, right? And isn't love about RELAXING and letting him see the 'real you'?

Well, yeahhhhh ... up to a POINT.

Let me be clear:

Monogamy doesn't have to mean BOREDOM.

In fact, to many men, monogamy is downright exciting ... *provided the woman they're with still has the moxie, the FIRE, to MAKE IT exciting.*

“For me, the highest level of sexual excitement is in a monogamous relationship.” – Warren Beatty, notorious American womanizer and movie star, happily married and settled down with the one woman who knew how to capture his heart

So if you want to capture his heart (and his DESIRE), make sure HE feels like the one who’s doing the wooing and the pursuing.

Your job is simply to provide the delicious sexual and emotional BAIT that leads him onward.

A man is like a cat: chase him and he runs away. Sit still and ignore him and he’ll come purring at your feet.

– Helen Rowland, *A Guide To Men*

For example ...

Conversation is a great place to start. Men LOVE the attention and the light-hearted back and forth that can develop through playful texts, banter and inside jokes. Don’t promise the earth ... just hint at it (then smile in that sexy way you’ve got) and wait for his imagination to fill in the blanks.

Flirting is a huge, and oh-so-sweet slice of the sexual pie as well. Use your body language to hint at what you want. Walk, sit, and move in a way that makes you feel elegant and womanly.

LOOK good. Again, this is not about being beautiful or perfect – it’s about taking the time to let him know, through your actions, that you desire his admiration and are willing to put a little effort in to get it. Your ‘canvas’ that you present through your face and body sends him an unmistakable message (and looking at yourself right now, what is that message saying?)

The bottom line: have fun. Don't get complacent. There is so much more to your man than you think there is – and as long as you're providing the tempting bait that makes him chase you (and as long as he FEELS LIKE he's doing the chasing), you can reach out and pluck him off the tree like a ripe apple any time you feel like it.

Keep flashing that great smile of yours, flirt with him and have fun.

2. Know That He Cannot “Make You” Happy ... You’ve Gotta Do It Yourself.

Your man wants you to be happy, but can feel helpless and less masculine if no matter what he does, you aren’t openly happy.

Sometimes it’s not him, sometimes it’s you. You know it.

You can’t let him be responsible for your happiness. If you are not happy then take some active steps to make sure that you are living a more fun filled, active, healthy and happy life.

You can’t treat him like he’s your therapist. Yes you can share your problems with him, but there should also be a lot of fun, and positive things to share together also.

If you don’t have joy to share, then *find it*. Do something that you always wanted to do, that you can share with him so that he can feel good that you are happy, without feeling like he is entirely responsible for your happiness.

If you are happy, he’ll love you even more, and he’ll make you even happier. It’s a cycle.

1. You Respect Him – And He Feels It, Every Day.

This may shock you:

Most men literally can't tell the difference between feeling 'unloved' and 'disrespected'.

In fact ...

To a man, RESPECT is the most important thing ... far, far more than LOVE.

Why?

Not because he doesn't care about feeling loved.

But because *to your man, love and respect are THE SAME THING.*

In other words: if he doesn't feel your respect – every single day – he doesn't feel your love.

And that's a recipe for disaster.

Here's a simple way to check if your man is feeling your respect (and thus, your LOVE, in the way that *he needs to feel it*):

Does he seem to get ANGRY a lot?

Do you often find yourself wondering, 'Jeez, what did I say wrong? How could that possibly make him so angry?'

There's a huge chance it's because he's feeling a lack of respect.

And the crazy thing is, most of us DO respect the men in our lives. We just don't realize it when we say or do things that *feel disrespectful ... to HIM*.

(And remember, most guys have a HUGE disconnect between feeling something, and KNOWING they're feeling it to the extent that they can actually tell us what they need.

Which means ...

It's up to you here to gain insight into his hidden inner life, so you can understand him better than anyone else ever has – and better yet, know what to DO with that insight to make him feel the love and attraction.)

So what are some things you can do to make him really *feel* your respect?

1. Trust his judgment.

Ok, so deep down, hopefully you already DO trust his judgment ... *most of the time*.

But be honest here: do you ACT as though you do?

When you question his judgment a lot – like when you tell him how he should act, how to solve a problem he's working on, when you try to TAKE CONTROL – he feels your disrespect.

And it hurts him.

He feels how you would feel if he criticized your appearance or your weight ('*Do you REALLY need to eat that?*') – deep down, it makes him feel, on a very personal level, as though you don't believe he's GOOD ENOUGH.

You don't have to go along with his opinion all the time, like some 50s housewife on the barbiturates. But more often than not, try trusting him. Just see what happens.

2. Try not to control things all the time.

Ah, the control issues. Most of us have them (even if we don't feel like we do.)

Men are hardwired to be the hunters, the protectors, the ones who *take care* of you.

Are you giving him the chance to FEEL, deep down, that you appreciate this about him?
Do you give him a chance to take care of you?

If you're always telling him what to do and how it should be done, chances are MASSIVE that he's feeling a lack of respect. Bad news.

Try letting him take charge sometimes. Let him decide the route, the time you leave, how a tricky situation should be handled. (And then try praising him when he gets it right.)

Sound simplistic? Maybe ... but just wait til you try it. The difference on a 'gut level' to him is HUGE.

3. Make the CHOICE to respect him (even if you're not really feeling it at the time.)

You probably want him to act out of love for you, even when he's not really FEELING IT at the time, right? Like when you have a fight, you know he's angry, but you still want him to treat you with kindness and love, ...*even if he's angry.*

Well, same goes for him.

Next time you doubt his abilities, *try trusting him anyway*. Make the CHOICE to actively respect him. See what happens.

4. Brag about a good decision he made in front of other people.

This is for extra credit ... and you won't BELIEVE the skyrocket effect this has on your relationship.

Next time he does something great, try casually dropping it into a conversation with friends. Bonus points if you do it when he's actually present. It actually feels GOOD to brag about your partner (it reinforces that feeling, deep down inside, that you picked a good one ...) and he will LOVE IT.

No need to go crazy here. Just the odd backdoor-brag here and there ('Oh yeah, we had the same problem. But Michael decided to try A instead of B, and it all worked out perfectly! It was great!')

The bottom line: this is a big one, and it's the thing that men want more than anything else.

There is nothing worse to a man than being judged, or having his abilities questioned.

Be appreciative and supportive of what he does, both career and hobby-wise and let him know how much you respect, appreciate and admire him.

He'll feel more masculine, loved and will feel like you are 'the one' person who truly gets him.

Recommended Video to watch after reading this special report:

Why Men Pull Away – Discover what he's *really* thinking inside this revealing video, where you'll learn exactly why men lose interest in women they once loved AND how to be 'the one' women he loves forever.

Don't miss this.

==> www.meetyoursweet.com/go/bgmenpull