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Foreword

When it comes to learning the basics on attraction, you need to look for certain signs in order to know if someone is interested in you or not. They may flirt with you often or laugh many times at your jokes, but this does not necessarily mean they are interested in you. It may just be a part of their personality and how they act but you won't know this unless you've known them for a few years.

Attracting the opposite sex is fairly easy to do if you are someone who responds well to emotions, touch, and body language. If you have talent for picking up certain signs or hints people give off - you'll have no problem with identifying a potential mate who is interested in you. Get all the info you need here.

Attraction Artist

A Guide To Attracting The Opposite Sex

Chapter 1:

The Basics On Attraction

Synopsis

There are four main elements of basic attraction we'll need to focus on first. Attraction begins with sexual appeal and is one of the strongest ties when it comes to being attracted to someone. How many posters did you have of celebrity males you had practically fallen in love with on your room wall? Let's just say it's one too many.



The Basics

At this time, you did not know the importance of personality which is another element when it comes to attraction. The way the person acts around you will give off a certain vibe or feel, making you a happier person when around them. If you feel nervous and not so sure of yourself, it's a good sign you have not known them for that long. Not to worry, there are a few things you can do to change this.

The third law of attraction has to do with desire. Why do you want to be with this person in the first place? Do they make you feel special or are you just trying to get ahead in life with your personal image?

By dating someone who is much older than you are, what you are doing is showing people you are ready for a commitment and are serious in your relationships.

If you are a woman who is with a much older man, you may just be trying to fit yourself into a "secure" relationship. Yes, we are talking both financially and mentally. Women aren't guilty of doing this all the time since men do it as well. Just know what your desire is before you step into the attraction.

The last law of attraction similarity. How similar are the interests between you and your crush? If you have already acknowledged similar interests such as artwork, volunteering, understanding, and biking - there is a good chance the two of you are already getting along. Some say that opposites attract but after thirty years of age, we

tend to go for people who have similar interests, as we already know this will make the relationship more convenient for us.

For example, if your partner smokes cigarettes and you absolutely hate it - who do you think will be the one having to go outside to smoke? What about a couple who shares different views on food?

A vegetarian woman might have trouble selecting a dish after her husband takes her out to the all you can eat "Steak House", while he happily chows down without a care in the world.



Chapter 2:

Know Who You Want To Attract

Synopsis

Knowing whom you want to attract beforehand is one of the most important things to think about. You obviously don't want to attract the wrong attention from females or males you are not interested in. After all, we are not here to play with the feelings of others or lead them on. What we are here to do is find a meaningful relationship, based on what you see within that person. You'll want to ask yourself three basic questions when you finally know who you want to attract.



Know What It Is

By answering a few questions, you can determine if you want to be with that specific person or not. If you need to learn more about them before asking these questions, you are probably stuck in the land of the "unknown", meaning that you really don't know if they like you back.

This is where you should take things gently and only look to them as a friend before making a decision on if you would ever be with them or not.

Find out what they are about first by making dates to hang out, study together, work on projects, or just get together on a regular basis. Here are the questions you'll want to ask once the time comes.

Are they worthy of your love?

Someone who is worthy of your love should be a respectable person. If you are a person who values their life and morals, the other person should have the same standards as well.

Don't settle for anyone less than what you are. While you should strive for people who are in a good place in life, this doesn't mean you should use them either. You want to find someone who is worthy of your love in both the mental and physical aspects in life.

Do you see yourself being with them in the future?

Let's say the two of you have been friends for three years now. You know their every secret, positive habits, and even bad habits they

cannot seem to get over. The two of you have been through pretty much everything in life - except an intimate relationship together. You want to ask yourself if you will be able to keep up with this person or if they will slow you down.

Compare some of the things they do to your daily habits and you will understand what we are talking about. Create a list of things you like about the person and things you do not like. If the list outweighs in good points, you may want to stick around to see if it can develop into a relationship.

Are they someone you can trust with your life?

Even if you have known the person for a few weeks or a few years, you can gradually find out if you could trust them with your own life. Someone who truly cares for you would jump in front of the bullet.

This also goes for sacrificing some of the things they do in order to make you happy. If you already see some of these things happening, there is a huge likelihood that the person you are crushing on already likes you.

Chapter 3:

Getting Out And Meeting People

Synopsis

If you can't get out and meet people, you will never find someone to share your life with. Building healthy relationships will help you stay happy and even live a longer life. To get out and meet people, you'll need to become more active in certain activities that you like. Let's discuss some of the places where two people can meet.



Get Out

At the Work place

Since we are at work for the majority of our day being at around 6-8 hours daily, new people will tend to enter our lives. We may meet them by mistake or greet them as a new client.

Relationships take off during times when you may least expect it and even someone you are not interested in may be your future wife. This really depends on what point you are at in life and if you are able to hold a steady relationship.

Now, we normally don't recommend starting intimate relationships in the work place but it is a good idea to make a few friends around the way.

In Social Gatherings

Through social gatherings with friends, you will begin to see the same people on a regular basis. Remember the tall and handsome guy your girlfriend introduced you to a few weeks ago at the Christmas party? By now, you've become friends with him and he's even helped you with some personal issues in your life.

The two of you usually get together and talk about your female friend. This is how it all started. Both of you were trying to cheer her up from

being depressed for a month after a baffling medical condition came upon her. Now that she's better, the two of you can scoot closer to learn more about one another.

At family Events

Since most of us never like to miss a family reunion, we are always there for the events that take place within the family. It doesn't matter if we are having an Easter get together or simply meeting up for the annual reunion at a fancy restaurant.

Your cousin's brought a few friends along and you want to get to know everyone who you have not met yet. Meeting new people in the family is very important because you never know who some of your family members will bring. You might see an incredibly beautiful woman who also has an eye on you as well. This is common for some people so keep a look out.

Chapter 4:

Learn To Be Interesting

Synopsis

Everyone wants to be around someone who is interesting. Being around a person who always hangs their head low never laughs or says anything interesting can be aggravating at times. If you make arrangements with that person and you feel they are not using it for building a positive relationship, you'll probably be inclined to move on. It doesn't matter if this is a good friend or a boyfriend/girlfriend type of relationship. Being someone who is interesting should come naturally to all of your relationships.



Be Intriguing

Even if you are a shy person, you can still learn to become interesting person. Well, this does not mean you aren't interesting but you have trouble expressing yourself.

There are certain ways around this. We suggest building a one on one relationship first before diving in to social gatherings. Not being able to share your ideas, opinions, or jokes during a gathering at friend's can make you look like the boring group of the bunch although this is not true at all.

People tend to be careful around what they say with others and it's difficult to do this in a large group since many of your friends have different beliefs or morals in life. For example, Sandra might hate hospital jokes because of a traumatic medical condition she is going through - while Jessica loves these jokes since she is a nurse.

To be interesting, first begin on concentrating on one person. Learn what is and is not okay in their "relationship book". You can start off a healthy relationship by writing pen-pal letters, starting to text, and eventually call. After that it is time to meet.

If everything goes out smoothly, the two of you can go out more often and build memories together. This is the best part about enjoying a relationship.

Often, when two people get together - they will look on the past and see what activities led them to become a couple. Some will even have friendship bracelets, pictures, gifts, and other precious items that remind them of that special person in their life.

To be interesting, you don't have to be the class clown or act like a loud person. All you really need to do is share your experiences in life, try to make the other person feel good about themselves, and tell a joke once and awhile.

Don't let the other person in the relationship do all the work. They will come out of their shell soon so that this way you'll be able to take a break.



Chapter 5:

Develop A Personal Style

Synopsis

All people have their own personal style. This is what makes everyone so unique. By being unique, we invite other people to become curious about us and learn more.

They'll get comfortable between us and try to nudge their way into a relationship. If someone senses you have a deep personal style about you that is warm and inviting, they'll automatically want to become closer to you. People who have their own styles tend to be more popular among the crowd and may also receive a lot of attention compared with other people.



Put Together Your Style

If you don't believe you have a personal style, let us stop you right in your tracks. It doesn't matter if no one can tell you have your own unique personality. What matters is that you already know you do and you can work on it with certain techniques to bring out the best in you. You might be someone who is serious and seems bitter at times. We understand that from human psychology, we quickly morph from carefree children to quiet adults.

This is because you might have suffered a job loss, lost your sense of pride, or even lost someone you loved recently. Recovering hasn't been so easy and this is why you are serious. You are tired of people talking behind your back and ridiculing you for things that you do not mean to do. Some people don't realize how much suffering a person is going through until they get close to them.

Tips on how to develop your own personal style

Showing you care

People show they care about another person in many ways. This can be through talking to them in order to form a sort of release through discussion. Another way could be buying a small gift for that person if they are in distress. If your girlfriend just lost a child due to a miscarriage at 5 weeks, you can always give her a big hug instead of talking about it.

Laugh however you want

You might think your laugh is embarrassing or even annoying but instead of avoiding it - embrace it. There are times when people begin to smile because of how ridiculous it is to hear another person laugh.

Some people snort when laughing, and other people giggle devilishly in a high pitched voice. Hearing something as small as a laugh can cheer someone up so this is important. Remember it is the small things that count when developing your personal style.

Dress the way you like

Don't let others dress you or try to change you. Keeping your own personal style builds a strong identity and allows others to recognize you, based on what you are wearing. You might be the flower girl who loves to wear floral print dresses with a bunch of crazy and bright accessories.

On the other hand, if you are a guy - you seek that "bad boy" image, going with leather jackets and you're always half shaved. Having a shadow can definitely pick up a few women but it really depends on what the girl likes.

Chapter 6:

Learn How To Flirt

Synopsis

One of the most difficult issues within relationships is learning to flirt. If you have no idea how to flirt or throw out any signals, you might feel doomed when it comes to the task. It's not that you don't know how. It's only thinking about the risk of being rejected which is why many people don't try to flirt.

If you have met someone recently and have known them for a few months, you may be putting yourself at risk if you do not flirt. Why is this? Because what you are doing is setting yourself up in the friend zone. Once you are in the friend zone, he/she will just see you as a good buddy and they won't ever try to escalate the relationship, since they haven't seen you do anything either.

There are many ways to give faint signs that show you care about them and want to develop a relationship. You don't even have to have an awkward conversation or announcement for this either. Subtle hints that are displayed in a daily or weekly fashion are all you need. Here are a few ways to flirt with someone:

Flirting

Give them a silly nickname

For example, if you love the perfume your girlfriend wears - tell her in a joking matter that her new name is JLO, since that is the brand she wears. Next time you see her, wave and yell JLO! She will laugh at the thought.

Hand out compliments

Never be too overbearing though when it comes to compliments. If you notice your guy is wearing his favorite dragon belt that makes those jeans look tight around his butt - tell him! Say to him that he looks sexy in the belt while imitating a cat call.

Of course, don't do this to him at work or in front of a bunch of people. And don't think about what he says after you've said this. We aren't trying to read how he feels about you just yet. You are just playing the flirting game here.

Lightly tease

Teasing is a great way of letting someone you like them however this can be a bit dangerous if you do it too much. You don't want them to think of you like a brother/sister who always teases them so keep it light. If you see your crush wearing something ridiculous or doing something incredibly funny, tease them a bit. For example, ask them

why they are doing the "potty" dance when showing off their moves to you.

Keep in touch

The meaning keep in touch is different from the phrase. As much as possible, try to touch hands with the person you are seeing. If they tell you something sad - lightly put your hand over their hand.

Let them know that you'll always be there to talk or you can give a gentle shoulder rub to show you care. Don't make the touch sexual either. You don't want to give off any bad messages or make the person flee. People are very intuitive when it comes to touch. They know what is and isn't okay.



Chapter 7:

Develop Your Self Confidence

Synopsis

Are you someone who struggles with self confidence? If so, you won't be able to get anywhere without having a sense of confidence. Most people can spot a man or woman who has confidence from a mile away. For example, when they walk - they always look up. The person never mumbles, speaks clearly, and holds their head up high. You might mistake this person for having a lot of energy but it is really just the confidence showing through their character.

By developing confidence within your life, you will be able to battle against certain health ailments, successfully land a job, and get any man or woman you want. Confidence goes a long ways in this area so it is important to practice. If you are someone who is stuck in your own mess and can't seem to build confidence, you will probably need the help of a counselor. Reaching out to another person is not a bad idea.

If you are unsure on how to build confidence, here are a few tips for you today. Be sure to practice them on a regular basis:

Self Confidence

Make an effort to smile

Look someone in the eye and smile. This shows you have confidence and will even make you feel better! When someone smiles back at you - how do you feel? Even the slightest grin can have an uplifting effect on a person. By smiling more, you are inviting others to come talk to you. Remove that gate from around your body and show that you are interested in human reaction.

Strut your stuff

Flaunt all of your positive attributes. This can be in a physical sense or mental sense. If you are a smart girl, talk about what you know and impress others with it. You can also educate them about things they aren't even aware of. Now, if you are a girl with beautiful and long legs, then show them off! Wear high heels to accentuate your legs and a perfumed shaving cream. This will grab any man's attention to notice you. You will also have a lot more confidence in the long run.

Reflect on yourself

Get up early each morning and tell yourself how lucky you are to be alive. Compare yourself with other people who are stuck sitting in a hospital, in an abusive relationship, or facing poverty. Things could always be worse for you. By knowing what's going on within the world, you will begin to appreciate everything you have. Give yourself at least three compliments in the mirror every morning.

Chapter 8:

Be A Good Listener

Synopsis

As you develop friendships in life, you'll need to become a good listener. When it comes to being friends, communication is the most important element of a relationship.

In order to be a good listener, you need to put away your problems and sacrifice yourself for what they have to say. Just nudging something away as if it was never said is not showing good friendship qualities.

A true friend will want to know how your day was, if your family is doing well, and your emotional state. Over time, you'll find out what friends from your circle are there for you the most. You may find that some friends are not as available where others are always there when you call on them. These friends are considered "jewels" and you should always keep these types of people around you.

Listen

There are times when your friend will need you the most at a certain point during their life. For example, if your best buddy is going through a painful relationship breakup - why not lend him your ears? Set aside your macho personality and let him talk about the girl of his dreams that he misses so much.

He'll tell you what he misses about her and all of the problems they are going through. In order to be a good listener, you need to put yourself in his place.

When you are listening, start asking questions. This shows the other person you care about them. If notice your crush has recently moved away from you and the meetings aren't as regular as they used to be, ask why.

Your crush may tell you something alarming or something you never knew about an issue they are going through. They may be afraid to discuss it with anyone so be sure to dig deeper in order to see what's going on with them. They'll see that you care for them and want to build a better relationship from that point on.

A good listener is not always expected to come up with advice for their friends but if you can give them ideas on how to solve their problems, this will greatly help out.

Someone who is not in their very best mental state might not be thinking clearly and this is why having a good listener by your side can really help. You want to give advice that makes sense and won't harm anyone.

If your friend is thinking of doing something foolish or risking danger to the health of someone else, it is important to tell them every reason not to. Don't get in an argument about it but just simply demonstrate what would happen if it was done. Try to make them see through the other side and understand. They'll appreciate it later and might even say thank you.



Chapter 9:

Learn How To Be Attentive

Synopsis

By being attentive with your crush or the people around you, you'll be able to identify those who like you who want to start a relationship. This is where people find it difficult to do this.

Social relationships can be complicated at times and there is no exact science to it. By being attentive with those around you, it's possible to pick up a potential life partner.

If you don't want a relationship at this point in your life and it just comes along, there may be a good reason. Other people seem to search endlessly and find nothing in return. Isn't it funny how life works out?

Pay Attention

Pay attention to their words

Key words like using "us" and "we" are a strong indication of an everlasting relationship. The person values you enough to put you forward in their relationship, making sure you stay with them throughout the whole journey.

They use these words because they secretly wish to be with you but don't want to make it obvious at the same time. Also, certain phrases can really be strong indicators of a potential relationship.

The expression is worth more than a million words

The way the other person looks at you is worth more than a million words. If they tend to lean forward while talking to you, this is a good sign that they do want to have more than a friendship with you.

Trying to catch your eye is also a hint as well. Remember though - some people may be too shy to make eye contact so don't stress if your dream date hasn't been looking in your eyes lately. She might just be too anxious to do this.

Time and Dates

If a friend tries to take you to a fancy restaurant every now and then, this is a huge giveaway that they like you. Now, if your friend always takes you to fast food places four times a week - this doesn't mean they aren't crazy for you.

They may not be able to afford your company all the time so they bring you some place that is affordable for them, since they always want to be around you. Also, pay attention to where they take you.

If you don't go to your usual meet up and they bring you to a club or incredibly romantic spot - this is a great time to test if they want to be with you. Don't be shy and hold back.

Live life like it was your last moment. Your friend may remember certain dates about you without relying on looking up your Facebook. For example, they will know your zodiac sign by heart, birthday, favorite foods, and so much more.

If you start to find out that they know more than they should - this is one of the strongest signs that this person is madly in love with you but they may be too afraid to take the next step in the relationship.

Chapter 10:

When Attraction Turns To Obsession

Synopsis

Many people obsess around their crush not because they truly are "obsessed" but because they don't have better things to do. There is not enough activity going on in their life to take them away from thoughts regarding the other person they like. If you are not sure it is obsession or attraction, you may want to take a few steps back from the relationship and analyze everything that is going on around you.



Good Tips

Signs attractions turn into obsession (for you)

When all you do is think about the other person all day

No one wants to think of themselves as someone who is a stalker or considered a "creep" but when you truly love someone, you'll know it's not about obsession. If you love someone so much, you'll let them go and see if they come back. When it comes to obsession, you want the person all to yourself and can't break the pattern of not thinking about them every day.

Writing about them in your journal each day

If you make it a habit to write about your crush in your journal each day, this is a strong indication that you aren't looking at the person as someone you want to get in a relationship with.

You may say this at one point but you don't know the person well enough to talk to them often so writing about them is the only thing you can do. You tend to write poems about them, collect pictures, and even put hearts all around their name as if it were some high school crush.

Counting how many freckles they have when you are up close

Paying too much attention to their looks like counting the freckles on their face is a for-sure sign that you are obsessed. If you were just

looking at what color their eyes are, this would be a different story. When you do this, you don't have anything better to do. If you collect a strand of hair after going to a hair cut with them, you might seem like a creep so be sure to keep it to yourself. For your mental health, it's a good idea to gradually lean away from them.

Recording all their favorite songs and listening to them

Does your best friend listen to songs all the time that you don't even like? If so, you may like that they have a sort of independence you don't have and this is called "not caring what others think". If they play songs that you don't approve of around you, there is a good chance they don't like you. Recording all their favorite songs and pretending to like them won't change the fact that the person you want to initiate doesn't like you. This might be because of the way you act, how you look, or things they've heard about you from friends. It's important to develop some distance between the two of you.

Following them to events that they turn up at

Ever had a guy or girl follow you, with eyes tracing up and down your figure? The feeling isn't very comfortable, is it? Don't let the same thing happen to your friend and instead, give them the space they need. By turning up at certain events they are at, this won't make them think of you more. Instead, they might be alarmed at the many coincidences you both have when it comes to bumping into one another. Remember that people are smart when it boils down to stalking or following so please - just don't do it.

Wrapping Up

Attraction can easily turn into obsession, especially if that person has no one else to pay attention to. This is why it's important to have a wide group of friends within different circles. If you focus on only one person, attraction can quickly turn into obsession which is dangerous to your mental health and the well being of the other person. Don't obsess with just one person. By surrounding yourself with positive people, you won't make a habit of doing this.

