

**Get
A
GirlFriend
NOW**

**12 Secrets Every Man
Should Know**



Congratulations! You now also have Master Resale/Re-distribution rights to this ebook

That means that this ebook:

- Can be resold to others.**
- Can be included in paid membership sites.**
- Can be packaged or bundled with other products you sell.**
- Can be sold on eBay or other auction sites**
- Can be given away as an incentive.**
- Can be included in free membership sites.**

But

Cannot altered in any way prior to re-sale or re-distribution.

Let's cut to the chase...

Hello ,and thanks for getting this e-book.

I'll cut straight to the chase. This ebook is for you if you're a heterosexual man, and you're looking to find a girlfriend, whether for the first time or the umpteenth.

I've written it because, as a life coach, I've lost count of the number of times I've seen and heard men being hurt and bewildered because they couldn't get a girlfriend, or feeling baffled by female behaviour.

Sometimes, this is because of a plain and simple lack of information about how women and girls actually "tick". And sometimes, more frighteningly, it's because a well-intentioned guy, who's *really* looking to understand women better, gets his information from other guys about how to do that. (Which is strange, really. A bit like getting instructions on how to use a PC from Apple).

Sadly, getting information about women *only* from other men leads men into all sorts of "one-size fits all" "techniques" and "seduction strategies", that make the smart women they crave shudder and run a mile.

All of this makes men much more stressed than they need to be, especially when the real experts on, "What women want," make up 50% of the population and are more than happy to tell you about this themselves, if you ask them in the right way.

So, as a women *and* a coach, here are the top practical steps you can take to help yourself get a girlfriend-along with some no-nonsense tips about what women *really* want, along the way.



SECRET #1. Start With *You*, And Your Own Confidence

I know, I know. That may seem like really weird advice. But hear me out. For a start, whilst you may not have a girlfriend at this precise moment, you absolutely know that you *can* control what *you* think, feel and do.

What's more, when you do next approach a girl, if you feel fully confident about yourself and your abilities, you've just trebled your chances of getting a date. Confidence is attractive, and available to everyone.

So, on the next page, there are some practical things you can do to help you to feel good about yourself and take action.

Activity: 10 Positive Things About You

1. Think of 10 things about yourself that you reckon are positive about yourself. If possible, print out this page and write them down, as just the action of doing this and then reading the piece of paper will help you convince yourself about the skills and qualities you pick.

The items you pick can be small details about yourself (eg. "People tell me I have a nice smile") your skills ("I'm a great cook") or your character ("I'm generous") as long as you consider them to be true about yourself.

Item	Item
1.	2.
3.	4.
5.	6.
7.	8.
9.	10.

(If you can think of more than 10 items, great. But please think of at least 10, as just the action of having to do this will force you to think more positively about all your good points).

"Great!" you may be thinking. "But how does all this help me get a girlfriend?"

The next step is to take each of these qualities, and think about how they can help you to get a girlfriend. For example, the "great cook" in the example above might be able to, "wow a girl with home-cooked food". The person with the, "nice smile" can "use it to get her attention," and/or to, "help her know that she can trust me".

Granted, this isn't quite the same as my telling you, "Go to X type of bar on a Saturday night, say ABC things, and you'll pull".

But if you do find yourself in that bar, won't approaching a girl suddenly be that bit easier, now that you're really clear about all that you really do have to offer her.



SECRET #2: Get Rid Of Your Demons

Everyone (and I do mean everyone, even the people you'd think "have it all") can still be painfully aware of all the reasons why someone else *wouldn't* want to go out with them. The trick is to turn all of these points around so that they work to your advantage.

ACTIVITY

The idea here is that you list the top three thoughts or barriers that you feel stop you from getting a girlfriend at this time, and find a way in which they could actually be an advantage.

The table below gives an example, and then three spaces in which you can physically record your own items if you wish.

"Problem"	But the advantage of this is...
Eg. "I'm shy and it takes people ages to get to know the "real me".	That makes me a great listener. And it means that I can be sure that I attract the most genuine and pleasant girls and women, who bother to take that time.



SECRET #3: Understand That Most Women Are More Interested In What You Say, Than What You Look Like.

Please, please take some time to bend your head around this one, even though I understand that on Planet Man there are just so many female bits and pieces that provide essential visual distraction ☺. If you don't believe me, take a look at all the surveys. "Sense of humour" (or humor, depending on where you live) regularly comes out way above, "looks" in the "What women want in a man" stakes.

Another manifestation of vision/talk difference is that when a women says, "We need to talk about this," nine times out of ten, she'll be viewing this as something that will help to clear the air, and make everyone feel better. Whilst the man to whom she just said this will, often, have been sent into an instant inner panic by the very suggestion of it.

So, what impact does this difference have on your finding your next/a, girlfriend?

1. As long as you seem clean, friendly, and genuinely interested in them as a person, most genuine and caring women (and why would you want to attract any other kind?) will at least chat with you.
2. Your listening skills are key. The vast majority of women will feel really flattered, and comfortable if you spend lots and lots of time listening to what they have to say. (And that means really listening, rather than thinking about the work you have to do tomorrow, or any other distraction).
3. Speech tends to be more important to many women than to many men (and yes, I know I'm generalising, bear with me). So, you'll also tend to get many more clues about what a woman wants, thinks and feels by listening to what she says and acting upon it, than by observation alone.
4. As speech has such importance on Planet Girl, be aware that the things you say will probably have more impact than they might if you heard them. So, verbal compliments and expressions of (genuine!) thoughts and feelings could have a dramatic effect... but so might insults, put-downs and harsh words.
5. Though women tend to pay more attention to what you say than your looks, this doesn't mean you need to attempt to be the next world-class comedian. (In fact, some men who talk non-stop put off many women because they can never get a word in edgeways).

Just be genuine, and sincere, and make comments that you mean, and you think a girl/women will find interesting, and /or fun.

If you still need convincing on this, rest assured that you've got not just a female perspective, but my husband's as well. I told him about this project, and asked him what he wished he'd known long

ago, about women. And that heading was his answer. So, to finish this section, please re-read this thought yet again, and let it sink in:

Most women really *are* more interested in what you say, and who you are as a person, than what you look like.



SECRET #4: Really Appreciate That All Women Are Different

Sorry. Can't put this step off any longer. Whilst I know you'd probably love a detailed set of instructions that would work like magic with any and every woman, trying to generalise too much would be dishonest of me, and I can't do that.

You see, the truth is, as you probably very well already know, intellectually at least, each woman you meet is as unique as you are. For example, even though women are traditionally supposed to be "useless at map-reading", I personally know of two who can map-read at least as well as any man I've ever met and probably better.

So, there are no "one size fits absolutely every woman" techniques, only guidelines. And this also means that many of those generalisations that get bandied around by men who've been hurt in the past need to be taken with a pinch of salt too. For instance, I've heard some men say:

"Women are only interested in the size of your wallet".

For a very, very, few women, this might be true. But women of the genuine and caring kind out-number them by several thousand to one. What's more, more and more women are financially independent before they even settle down to have a serious relationship, meaning that your wallet-size wouldn't enter into their thinking.

So the key point to grasp here is that women can be found with as many interests, preferences and ideas as they can shapes, sizes and ages. And, believe it or not...

This variation is great news for you

Seriously, it is. For one thing, if everyone enjoyed going on the same kind of date, the dating destination would get very crowded. More importantly, it means that there really are enough women out there for you to be able to find one who's just right for you, at this moment.

Which means that you now have a really important activity coming up.

ACTIVITY: THE WOMAN YOU'D LIKE TO ATTRACT

1. Take as much time as you need to think about the kind of woman you'd like to attract right now. Yes, of course you can include something about what she looks like if you wish. But please also consider in detail, and if possible, write down, plenty of other points, such as:

- What skills and talents does she have?
- What sort of thing does she do for a living?
- Where might she live now?
- What sort of character does she have (Eg. Patient, fiery, easy-going, optimistic, creative, etc).
- What does she like to do in her spare time? (This point is especially practical if you ever want to take this woman on a date!)
- What is important to her?
- What sort of hopes, dreams and ambitions might she have?

6. Take a few moments to think about what it would feel like to be with this woman, and repeat as often as you need to keep yourself motivated towards finding her.

NB. Not only will this activity help you feel buoyant about finding someone, but it can also give you something to focus on when you are chatting with any women/girls that you meet. So, instead of thinking with a whiff of desperation about you, "Will this woman go out with me?" you'll be concentrating on finding out more about her as a person.



SECRET #5: Find Great Women All Around You

Yes, you've read that heading exactly right. I guarantee that you're actually surrounded by great women (many of whom *would* go out with you). You just haven't noticed them yet.

And if you haven't noticed them yet, it'll be because they don't fit in some way with an "ideal" woman you've been carrying around in your head. This ideal could be something you've created entirely imaginatively, or based on a girl you went out with (or wanted to go out with) in the past.

Either way, that ideal exists in your mind, and may be causing you problems.

"Why then," (you might very reasonably ask) "did we just go through the last exercise which was all about an ideal woman, as far as I can see?"

Great question. Well, in part, that activity helped you to dig out any idealised woman you've been holding on to. But it will also have helped you to increase your chances of finding the right woman for the here-and-now. That's because:

- ⇒ It was all about finding the right woman for now, rather than the one you might have wanted in the past.
- ⇒ It put your attention onto solid details about her (what's she actually like, where does she live, what does she do, etc) and
- ⇒ You've now got hold of the actual feeling of being with her, which is much more real than an idealised internal picture.

If you need it though, the next activity will help bring even more reality to the process. And, more importantly, it will make approaching women much easier. (This is because, never again, I hope, will you attempt to "chat up" a woman or girl. Instead, you'll always be chatting *with* her.)

ACTIVITY: CHATTING "WITH"...

1. Go back to the last activity, and the list of all the traits that the woman you'd like to attract possesses.
2. Your task is to find, within the next 24 hours, one girl or woman who possesses, or who you think might possess, just *one* of those traits and have a chat with her.

(And yes, I know you'll probably tell me that it's the approaching of someone that could be tricky. But remember, this can be someone you already know, or someone online. Plus, you should also get a boost on this from Secret 8, below).

3. The aim of that chat is, to find out more about this person, and to practise chatting naturally with women as the human beings that they are. That's it. But-and I know I probably don't need to say this- please do treat whoever you're chatting with with respect. She's a person, not just a handy female who happens to be around!
4. Repeat this as often as possible, until you feel as comfortable chatting to women and girls as you do chatting with anyone else.

N.B. This tip is primarily designed for meeting women offline, rather than online. But many of the principles hold good if you've met someone online as well. But if you want more specific tips about online dating (including everything from what to put into your profile to arranging first dates that women really will love), there's a great resource on the subject [here](#).



SECRET #6: Find out About Women *from* Women

Actually, you've already started on this step, by even reading this ebook, and especially by doing the last activity.

But from hereon in, please take this even further. If you find yourself wondering, "I wonder what most women feel about X" make it your business to find out *from a female source*. Ask a woman you've got to know. Dare to hang out in a forum aimed at women on the Net. If you're feeling *really* adventurous, dare to

watch a film or TV programme, or read a book or magazine that you'd normally consider too "girly."

And just in case you're thinking this will make you look un-masculine, trust me, it won't. Real women will appreciate the effort you're making to go onto their turf. And anyway, what many real women seek is a man who's confident enough about who he is to be able to be completely comfortable with women, while retaining his masculinity. For example, you don't need to become an expert on romantic comedies. Just understanding them, and the way in which they indicate that Planet Girl is different, is enough.

If you'd like to extend this further, and find that a particular girl is attractive, and you're wondering "what women think" in that context, why not ask the particular woman or girl?



SECRET #7: Do What you Love to Attract a Woman You'll Love

Once you've got yourself more into the mindset of women and girls, and probably spent lots of time thinking about particular ones, just take a bit of time to step back, and check once again that you are the most confident you can be at this moment.

The most practical way to do this is to make sure you are involved in the maximum number of activities that make you happy, with or without a girlfriend, on a regular basis. Ideally, this would mean you're doing the kind of work or study that you love, but *anything* you can do that makes you feel deeply happy on a sustained and regular basis will work well.

Why should this making a difference to getting a girlfriend? There are several reasons:

- ⇒ If you are happy as you are, with or without a girlfriend, you instantly become more attractive.
- ⇒ You'll have a different focus of attention, which will stop you feeling in any way desperate about your girlfriend situation.

- ⇒ Doing what you love is a great way to meet a like-minded girlfriend.
- ⇒ Whatever happens, you get to feel positive, and progress your life. So it's a strategy with which it's impossible to lose.



SECRET#8: Be Yourself at All Times

By now, you might be wondering whether you're ever going to be getting any info about what to say when you very first go up to a girl or woman. Everything you've done so far has been leading up to this point, as you're now more confident about yourself, and able to chat "with" women, rather than than chatting them "up".

Nonetheless, at some point, and hopefully sooner rather than later, you'll be wanting to talk to a girl or a woman who might make you feel more nervous (for all the right reasons) than you'd like. And you know what? Those nerves are a good thing. They show that you care. And as the majority of women are pretty intuitive, they'll pick up on your authenticity, and appreciate it.

So, because they can do all this in the background, as it were, as you're speaking, and are likely to be well aware of how you're feeling, in this particular instance, *what* you say matters a lot less than why you're saying it.

So, whilst a sentence that makes some kind of sense is always useful, be yourself. Being nervous, because you care, and pushing through that to make a genuine connection anyway, will score many more points with a caring and smart woman than will some awful phoney chat-up line.

In fact, if you could look into the mind of a woman on the receiving end of two different “approaches”, you’d probably see something like this:

“Approach” One

Man/Boy: How did someone as gorgeous as you come to light up a room with your eyes? [Feel free to substitute any other made up or pre-rehearsed chat-up line you like here, because the net effect would be the same.]

Woman/Girl: [Thinks] Ugh. I bet he uses that on everyone. Where did he learn that one? No thanks!

“Approach” Two

Man/Boy: [smiling] Um, er...“Hi”.

Woman/Girl: Hi.

Man/Boy: I’ve been wanting to say hi for ages, because, well... you’ve got a great smile [He could have said anything here that was anything heartfelt and *true* but not sexually suggestive]...um... Sorry-I’m a bit nervous, but I was really wondering if I could buy you a drink/sit next to you? [Again, this could have been any small, but non-threatening thing that he truly wants to do].

Woman/Girl: [Thinks] Oooh. He likes me. And he’s really nervous and everything, but he still came over to say something. That’s great.

And so you get to start off on the right foot.

Starting off as the, “real you” also means you can relax, because there are no pretences to maintain.

Obviously the same principle holds good as you continue to talk with this girl/woman, and indeed, at all other points. Give it a go and notice how things change.

And remember, even if the girl/woman in question isn't interested, you *will* have brightened her day and given her a boost. There's probably no woman on earth who won't feel good about having received a genuine compliment and attention from someone who likes them.

So, if this happens to you, keep that thought in mind and refer to Secret 11.

And if you're still set on learning "seduction techniques"?

Finally on this point, I'm realistic enough to know that some of you out there will *still* be looking for a specific set of "seduction techniques", even after everything I've said.

If that describes you, *please* will you at least pick a seduction manual that's actually written by a woman. At least one exists, and it's [here](#), if that helps.



SECRET #9: Value Friendships with Women

I know. Some guys reading this will be groaning and protesting, "But that's exactly the problem! Girls always say I'm a really good friend, but then get interested in someone else." If this is you, bear with me, because we'll get onto that point very quickly. But first, the reasons why valuing friendship will really help your cause:

- ⇒ Women and girls tend to value friendships *extremely* highly. So by doing the same, you are demonstrating rapport with the particular woman/girl in question.
- ⇒ It helps you ever-more on your quest to understand how women in general think and feel.
- ⇒ It helps you understand how this particular woman or girl "ticks". So, further down the line (if that's where you both want things to go) you won't need to ask questions like, "Will she say "yes" to [fill in the blank...!]" because you'll know, from experience of this person, that when she's enthusiastic about something, she

smiles and throws her head back. Or whatever signal she personally exhibits.

- ⇒ If you decide to remain friends, your female friend will willingly introduce you to lots of her other female friends. (In fact, single women often have the problem that they know *too many* single women when it comes to holding parties etc, and will be delighted that you can come along as well. Giving you the chance to meet lots more women).
- ⇒ A few women have a general policy of only going out with people who are friends of friends, and most will automatically give you a chance if you're already known and liked by one of her friends.

But what if you can never seem to be "more than friends"?

Please, please hear me clearly on this. **Being friends is a great place to start a relationship.**

Now, I admit to some bias here. I wouldn't even have been born if my Dad hadn't patiently made friends with my mother *years* before they got together. And my husband and I were friends for well over a year before anything happened.

The thing is though, *if* you're going to move into a relationship (and this whole debate probably wouldn't matter to you if you didn't) then at some point, things do need to shift.

And it may well need to be you who precipitates that shift. Ironically, this woman/girl, whether she's fancied you for ages or "never thought about you like that before," will be unlikely to make the suggestion, precisely because she values friendship so much. She may well be nervous of "spoiling our friendship", alongside being interested in "taking things further", but if she has any doubts, she's likely to play safe and *not* say anything, in order to preserve the friendship.

The great news is you don't need to risk any friendship, in reality. You just need to add something extra to the solid platform you've already built. Ie, you need to move from friend, or even best friend to, in the words of the Alanis Morissette song "best friend with benefits."

The only thing extra you need to do is to demonstrate those extra benefits more clearly. So (and do modify this according to the particular person you have in mind, and what she precisely likes/doesn't like) for example you could;

- ⇒ Compliment her
- ⇒ Flirt/use more eye contact, and for longer than you otherwise would.
- ⇒ Gently put your arm round her if/when she needs a hug.
- ⇒ Experiment with a few gestures that have been traditionally seen as male, as appropriate. (eg. striding out purposefully and protectively if you're both walking in a dark/dodgy environment at night, opening the odd door, offering to carry heavy bags etc.
- ⇒ Tell her how you feel (perhaps subtly at first), and see what she says (bearing in mind Secret 11 all the while). If she truly is your friend, it's likely that she'll appreciate and respect your honesty, at the very least.
- ⇒ Be honest, and yourself, at all times.



SECRET#10: Know Why "Nice Guys" *Shouldn't* Change...

The most important reason not to change a thing about yourself if you are a nice person, is that that is who you are. Believe me, there *are* plenty of nice girls out there, and if you've decided that, "no-one likes nice men", and put up a front, you might just miss one of those "nice girls" as she comes into your world.

But at this point, I'm going to "break faith with the sisterhood" to some extent. If a woman thinks you're "too nice" for her, that says wonderful things about you, and something significant about her.

Why on earth, you might wonder, would anyone who's as great as this girl, possibly think any one was "too nice" for them?

The short answer seems, on the whole (there are always exceptions) to be that people can only accept love from someone else to the extent that they love themselves. They literally can't take the extra, better, treatment that someone else wants to give

them, because it doesn't fit with their own concept of how loveable they are. Because they don't think they deserve that love, the person offering it is indeed, in their eyes, being, "too nice."

What you do about this depends very much upon how much you care about this person, and why she's in this state of fairly low self-worth.

If (as can sometimes be the case) she has had such bad treatment in previous relationships that she has lost her sense of self worth, then time and patience may well be the key.

If she has simply has some growing up, or personal development to do, to get to the point where she can love herself as much as you love her, then you may need to factor that into whatever you decide. As a nice person (and one who I hope, is now proud of that) you're brilliantly placed to make the best decision in all the circumstances.

You may be just the person to help this girl to understand that real love and respect tend to come only from people who are, "nice," rarely or never hurt, and feel very different to anything else as a result.

But remember to stay true to yourself and your own needs also.



SECRET#11: Persist!

OK, it's confession time. I confess that, when Jim (my husband) and I were initially an "item," I dumped him. Shame on me! It was a combination of not being able to believe that "nice" could work (see previous Secret) and emotional confusion, I guess.

Jim got advice from another guy that, as I'd shown interest and didn't seem certain, he should persist. And boy, am I glad he did. Hence this tip to you.

But of course, persisting can be contentious. If you persist when a girl is very clear she isn't interested, this can be construed as harassment or worse, and lead to all sort of emotional, and even legal consequences. So let's be clear that "no" still means, "no".

Persisting in the background in the role of a supportive friend when someone seems to like having you around but unsure of what she thinks, is a different matter. Jim and I are living proof that persistence can pay huge dividends in those kinds of circumstances, if you've the time, patience, and inclination.

Persisting could also be crucial in two other circumstances. Firstly, if you keep getting to know or approaching women, and they keep saying, "no". Keep on chatting to different women and asking, and knowing your worth, because one of them *will* say yes.

And lastly, keep persisting in your belief that women and relationships, are worth it. If you find yourself waiting around a bit (and who doesn't, at some point) remember that you can always demonstrate love and kindness to others on a daily basis. They don't have to be a prospective girlfriend to benefit from and appreciate a kind or generous gesture.

But if you think in this way, what goes around *will* come around for you...and you'll feel great, and even better placed to find a great girlfriend, in the process.



SECRET 12#: Lots of Things Are the Same...

Though I've said a great deal in this e-book about how women differ from men, as you go forward remember that underneath all the social differences, each one of us, whether male or female, usually have much more in common than we do that are different.

For example, many women and girls get just as nervous around men that they fancy as any man. This can lead to all sorts of strange behaviour, from deliberate avoidance of the person you're truly keen on (trust me on this, I've done that one) to absolute non-stop-talking through nerves.

Be aware of this, and now that you really understand on every level how each woman and girl is unique, you can watch out how these similar emotions show up in a particular girl.

Perhaps most importantly of all, most human beings, whatever their gender, share a deep desire to love and be loved, for exactly who we are.

Focus on that, with respect, honesty, and everything you've gathered from this PDF, and you'll get to enjoy the results.

Finally...

Obviously, there's much more to be said on this whole topic than anyone can cover in a short ebook. This guide has never claimed to be an A-Z on becoming irresistible to women, because that is already offered in detail elsewhere, such as this particularly [comprehensive resource](#).

At the same time, you should have picked up some ideas and tips here that will be genuinely helpful and useful, in allowing you to understand how women think, and get yourself a girlfriend ASAP.

Above all, have fun, and remember every one of your talents and strengths!

Clare

Clare has been a life coach since 1998, and is the author of ["Be the Life and Soul of the Party"](#)

PS...Claim Your FREE Downloads Now

Would you like to get your hands on 140+*free* downloads, aimed at helping you to get the most from life?

[Grab your free downloads here](#)