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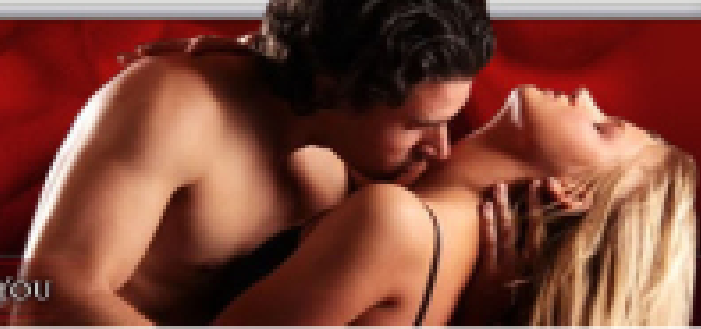
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Introduction

Hi,

First of all, I want to congratulate you for taking this step to save your relationship. You're about to learn the simple secrets that most women don't know about making him fall in love with you all over again—for a lasting life commitment.

Why did you buy the Undeniable Passion System? Is it because you've been with your boyfriend or husband for a long time, and feel him becoming distant and drifting away? Is it because you're afraid he might even be driven to another woman— if he hasn't already? Or because the passion between you has long ago withered away and died; and you'd do anything to bring the love and red-hot attraction back in your relationship?

Maybe you're still single... and you don't know why. You're tired of running through relationship after relationship and going on date after date, and still finding yourself alone at the end of the day.

These are painful situations. It's especially painful for me to hear about them, because I know that it *doesn't have to be this way*.

After years of relationship coaching and research, I am thrilled to bring you Undeniable Passion— the ultimate system for giving you the love and passion you truly deserve in your relationship.

You're already ahead of all of those other women who are doomed to feeling miserable and worthless for countless more days.



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Since you're reading this right now I know that fate has brought us together. And it's going to be your fate to finally break the painful cycle that you've endured for way too long. If you are starting to feel hopeful now, keep reading— there's just no way you can get through the Undeniable Passion System without an entirely new lease on your relationship, and your life.

Get ready for loving looks, sweet text messages, tender attention, and the hottest, most passionate sex of your life with the man you love. For the rest of your lifetime.

Joshua Rose



CHAPTER 1

Undeniable Seduction

“The spark has died.” A lot of women come to me and say this. There’s nothing sadder on earth to hear. You still love your man and you want to have him by your side, but you’re always afraid that he might walk out one day because the passion that you once had has now been replaced by the same old routine day after day.

Maybe you aren’t in a steady relationship. You’re on online dating sites, you’re putting yourself out there, and you’re really dedicating yourself to finding a long-term partner. But somehow, you just can’t seem to find a guy who will commit to a relationship. You fall head over heels for a new guy, but then you feel everything crumbling underneath you... and find yourself alone, back at square one.

A lot of women who come to me are in a relationship, or have been in one, where the passion, love and desire just start to fade.

He’s cooled off towards you, and there’s no denying it. If he gets tempted enough by another woman, he might just try and find that passion elsewhere.

Let me ask you a question.

Have you ever had the sneaking suspicion that your man is cheating on you behind your back?



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You see the way he looks at other woman out of the corner of his eye when you're walking together.

He seems a little too interested in going to the gym— and you know how many cute, barely legal girls are in there in tight little gym clothes doing Zumba.

He seems emotionally distant from you— miles away, even when you're lying next to each other in bed after making love.

Your friends tell you it's just your imagination. If your man says he loves you, then he loves you— end of story!

Right?

I wish it was that simple.

I'm going to tell it to you straight: you should be worried. Your man has definitely thought about cheating... if he hasn't actually done it already.

How can I be so sure?

Well, I'm a man. While your husband or boyfriend might not tell you this honestly, I'm going to. *Men are biologically programmed to want to spread their seed as widely as possible.* Read: your man thinks about sex with other women *almost constantly*.

The part of men's brains that is responsible for sexual behavior hasn't gotten any more civilized since the caveman days. In fact, it's gotten bigger and more active.

**“your man thinks
about sex with
other women
almost constantly”**



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Sexual stimulation is available everywhere today. Women are more fit, beautiful, and confident than ever. TV shows, movies, and ads showcase tempting beauties that send his dirty thoughts into overdrive. While you might think that your man can distinguish between these fantasy ladies and his reality, think again.

The fact is, man's primal brain is wired to *seek out new women to "mate" with*. Men constantly believe that they *can* land other women for a night in bed— and in fact, a part of them always thinks that they *should!* That's what makes these ad campaigns so effective!

While he may realize that he's not going to be spending the night with a Victoria's Secret model anytime soon, your man will not have any problem imagining (and sometimes attempting) to have sex with other women he encounters on a daily basis.

Society tells us that we should be in monogamous relationships. You and your man have said that you're devoted to your exclusive relationship with each other. Maybe you wear the rings to prove it.

But it's rooted in your man's DNA **to want to seek other women to have sex with. Most** women are "built" to seek one partner who will take care

**Most women are
"built" to seek one
partner who will
take care of them
and their children.
But man's impulse
is to have sex with
as many partners
as possible.**



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of them and their children. But man's impulse is to have sex with as many partners as possible.

It may be only a matter of time before your man acts on that impulse.

If your man cheats, it usually isn't because he doesn't love you.

It makes perfect sense to women that if your man loves you, he'll stay by your side. Why would he be with someone else when he loves *you*?

I'm afraid to say that women who think this — and that's most women — don't understand how men's brains work. Your man undoubtedly does still love you, even if he cheats or thinks about cheating.

In fact, he **might actually believe he's helping the relationship by cheating.**

He knows you're tired and stressed out with a million things on your mind. He knows you're a wonderful friend, girlfriend, wife, companion, mother. He doesn't want to lose you, but the fact is, the sparks just aren't flying anymore.

Life has just gotten in the way of a passionate and satisfying sexual relationship.

If he finds that elsewhere, he thinks he can "get it out of his system" and that'll be that. You'll never know.

In fact, compared to a lot of women, you'd be lucky if your man cheated once or twice, and then continued with the monogamous relationship you share.

But the fact is, cheating is a slippery slope, especially for men. Without even realizing it, the relationship quickly becomes

**cheating is a
slippery slope,
especially for men**



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emotional as well as physical. While he might have gone after that other woman for the sex, he will soon become emotionally attached to her.

Your relationship will crumble at your feet. Your family will be torn apart before your eyes. And you'll be left alone to pick up the pieces all by yourself.

The only reason I'm telling you all this is because I have good news.

You can break your man's primal urge to be with other women and get him to become more loving, passionate, and devoted to you than you've ever imagined.

By the end of this course, you will have the techniques to drive your man to want to be with you forever. He will know that *no other woman in the world* can satisfy him and make him happy the way that you do.

No other woman is as good in bed, as great to be around, as attractive as you.

No other woman who can fulfill all of his emotional, mental, and sexual needs the way you do.

It might sound like hypnosis. In fact, you will learn how to **tap into the parts of your man's brain that control his sense of attachment to you.** By harnessing the power of the 3 Psychological Loopholes we'll get in to soon, **your man will instantly feel more connected to you.** It'll be like he has blinders on: **you will be the only woman on his mind and in his world.**

You will learn how to tap into the parts of your man's brain that control his sense of attachment to you.



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Imagine how good it's going to feel when your man looks deep in to your eyes and holds you closer than ever before. When you feel that deep emotional connection back at last. When your man surprises you with cute text messages and flowers and candy, just to show you how much he loves you.

And that love is genuine and lasting. This isn't about some cheap tricks in the bedroom. With *Undeniable Passion*, you will learn the simple, straightforward techniques that switch on the part of your man's brain that makes him want to be with you and only you, forever.

(Oh, and you both will get to have the hottest, most intense, most passionate sex of your lives...)

And all of this no matter how little time you have. No matter how stressed and tired you both are. No matter how little energy you have at the end of the day. No matter how many kids you have to take care of.

Even if the situation seems hopeless. Or if you think you've tried everything. I've worked with countless women who said they had "tried everything," and nothing worked. Their man still had one foot out the door.

With the techniques in this course, they were amazed to see a complete turnaround in their guys' behavior.

Suddenly their men didn't want to leave their side. They showered them with loving attention... planned date nights and romantic weekend getaways... proposed marriage or moved across the country to be with them.

Get ready to experience the lasting love and passion that you truly deserve.

Jennifer's Story, Part I

I want to share a story with you about an old friend of mine who you may have more in common with than you realize. I hope to show you some mistakes that you might be making in your own romantic life—that are sabotaging your relationships, and how you can fix them.

I've known my friend Jennifer for quite a while now. A girl I dated a few years back was the person who introduced us. My girlfriend at the time told me that she just didn't know what more she could tell her friend, and that maybe I could help. Jennifer just couldn't keep a guy.

Jennifer was a "serial dater." She'd start dating one guy, and then after a few weeks things would fizzle. Then soon enough she'd meet another guy, and things would start all over again.

Let me say first off that Jennifer is a great girl: attractive, smart, lovely personality. She has a good job and some amazingly loyal friends. However, as you'll see shortly these loyal friends had been accidentally sabotaging her relationships for years without ever realizing it.

But Jennifer *just couldn't keep a guy with her.*

"Joshua, I just don't know what to do," she said over a glass of iced coffee at a cute little diner. "I don't know what I'm doing that's driving men away. I'm really putting myself out there and doing everything I can do keep them."

Interesting, I thought. I've heard this before.

Jennifer told me that she was the perfect girlfriend and did *everything she could* do to keep guys with her, but they always ended up running away.



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“What do you mean when you say you did everything you could to keep these guys?” I asked.

She paused.

“This is kind of embarrassing... I did everything they wanted sexually.” she said.

Jennifer went on to tell me that she used sex as a way to keep guys with her. She ended up doing a lot of things in bed—like anal sex and threesomes—that she really wasn’t comfortable with, and that she didn’t fully get in to.

“I know that the guy will enjoy it, and I want to show him that I’m fun, I’m open, and I want to please him,” she said.

I asked Jennifer if she always had sex on the first date.

“Well, usually, yeah,” she said.

I asked her if she always wanted to.

“I’m a very sexual person, so if I like the guy and he seems to like me, I think ‘why not?’ But that’s not always... I guess sometimes I’d prefer to wait,” she answered.

“Do the men usually call you again after the first date?” I asked...

“Sometimes they do. And that’s when I start to get really attached to them. I mean, that shows they really like me right? And they like having sex with me... So I want them to be happy. Because no

**Jennifer thought
that the *only* way to
keep her guy with her
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man will be with a woman or say he loves her unless he's happy." Jennifer replied.

Jennifer thought that the *only way to keep her guy with her* was to use sex.

The thing is, Jennifer assumed that **men connect sex and love in their minds the way women do.**

Jennifer thought that if she and her man were having enough wild, crazy sex, he would fall in love with her and stay with her.

But Jennifer, and countless other women, are wrong.

Men *do not* connect love and sex in their brains the way women do. I'm not saying that men don't feel an emotional connection from sex, but that comes *after*. The act of sex, no matter how freaky or pleasurable, doesn't bring you any closer together **unless you are getting under the guy's skin in other ways.**

Keeping him thinking about you, which often means pulling *away*.

Showing that you have other interests and passions besides him.

Being interesting, sexy, and a little bit unreachable.

Sometimes in the "heat of the moment" we all say things that we don't necessarily mean. Have you ever had a guy tell you he loves you during sex?

Well, "I love you" during sex is not the same as "I love you" when you're sitting across the table together having dinner. Research indicates that the

**Men do not connect
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two hemispheres of men's brains aren't as connected as in women's brains. That means that men are goal oriented and think about one thing, and one thing only. During sex, that thing is, well, sex. Women, on the other hand, assimilate lots of feelings at once—and more quickly connect love and sex.

I asked Jennifer when she usually told a guy she loved him.

"After a couple of weeks," she said.

Uh-oh! That's almost always too soon for a man to form an emotional connection strong enough to translate in to real love.

Jennifer told me that as soon as she started seeing a guy, she called or texted him multiple times a day, blocked out her schedule for him, and made sure she was always free for him.

She even changed things about herself—her hair color, the clothes she wore, even the people she hung out with, when she thought it would please a guy.

For example, once she was dating a guy who mentioned that his last girlfriend was blonde. And do you know what Jennifer did? She went to the salon the next day and had her hair-dyed blonde.

Jennifer is a naturally beautiful brunette. What was she doing bleaching herself out?

During sex, that thing is, well, sex. Women, on the other hand, assimilate lots of feelings at once—and more quickly connect love and sex.



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Another guy was really into the outdoor. Jennifer likes the gym but she admitted that she hates the outdoors! She's a city girl, after all.

But the weekend after their first date, Jennifer went to the outdoor store and bought herself a whole bunch of gear for hiking, camping, and rock climbing. She even bought a bike!

"I wanted us to be able to share something together," she explained.

I asked her what happened.

"It didn't go so well," Jennifer admitted. "We went out for a hike that weekend, and it was rainy and miserable. He could tell I was just pretending to have a good time."

"I felt like an idiot."

Have you ever changed something about yourself to please a guy?

Or done things in bed that you weren't comfortable with, thinking it would make him want to stay with you?

When Jennifer was changing parts of herself to please a man, those things came across as obviously fake and forced.

It didn't work then, and it never would work.

When she called and texted the guy around the clock, and made her schedule totally open to him, he didn't seem that enthusiastic when they talked or saw each other. After a couple of weeks, he would just drop off the radar entirely.

**Have you ever
changed something
about yourself to
please a guy?**

That didn't work either.

When Jennifer agreed to threesomes or anal that she didn't enjoy that much, or had sex on the first date when she didn't feel ready, the guy *still* ended up fading out of her life pretty quickly.

Clearly, sex wasn't getting these guys to stay with her.

Eventually, I got Jennifer to see that whatever she was doing, it wasn't working.

But it took awhile. Jennifer kept meeting guys and getting instantly wrapped up in the "relationship" that didn't exist yet. She changed parts of her appearance and her life for them. She did whatever they wanted, or that she thought they wanted, in bed. She chased them down to make them hang out with her.

And inevitably, they stopped returning her calls and texts and emails. They just disappeared.

Jennifer's story ended up turning around for the better, as you'll see shortly. But before we get to that, it's important you understand a bit about male psychology. Mainly 3 very specific psychological loopholes you can use to access the deepest parts of his subconscious mind, and activate all those wonderful loving and romantic emotions.

3 Psychological Loopholes: What You Need to Know About Your Man

I wish that all women in the world knew what I was about to tell you. Because igniting that spark in the relationship—so that your man couldn't possibly



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imagine being with *anyone but you*—doesn't mean you have to be a model, sex goddess, or anyone but yourself!

Once you understand the **psychological loopholes** that exist in the male brain, you'll flip the switch that will make him addicted to you like never before.

You can put this book down and put lasting passion into the relationship in just a few minutes from now.

Psychological Loopholes – 3 Male Personality Traits

PSYCHOLOGICAL LOOPHOLE # 1

In the early 1900s, a psychologist named Sigmund Freud discovered something crucial to male psychology. He realized that **the amount of sexual satisfaction men receive is based on the amount of sexual satisfaction that *you* receive.**

This discovery remains essential to sustaining meaningful relationships.

Most women admit to faking orgasms during sex in order to get their man to hurry up from time to time. While this tactic may be somewhat effective while in the heat of the moment, men are able to tell when you're faking and can grow resentful of it.

On the other hand, we're going to discuss tons of techniques you can use to actually feel much more pleasure during sex. This will turn out to be a win-win for both of you.



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First, I want you to relax and really experience all the sensations that that you feel the next time you're intimate. Sex is not just about achieving orgasm. It's also about the touch of your partner's fingertips, the shivers you get from their tongue, the deep way your eyes connect. Paying attention to these details really ups the pleasure you get from intimacy, and makes sex a much fuller experience, too.

Experience more pleasure, and you'll give him more satisfaction, instantly. When he sees and feels how turned on you are, his pleasure increases by as much as three times.

Not only that, **but he then associates you and you alone with that deep feeling of pleasure.** Soon, he won't even be able to consider being with any other woman but you. YOU are the only one who truly knows how to give him those satisfying, erotic sensations.

So don't be afraid to talk dirty and to tell him how much you like what he's doing to you

So don't be afraid to talk dirty and to tell him how much you like what he's doing to you. Even if you feel inhibited in the bedroom, a little practice—and paying close attention to the pleasure that you're getting—will make it easy for you to express yourself to your man.

And the results could save your relationship.

Don't be afraid to start off simple if you are a bit shy. The next time you are watching TV on the couch together, ask him to lay in your lap with his face pointing upwards. Give him a sensual face and scalp massage with a little bit of lotion.

Then, feel free to step it up a bit more as you both begin to get comfortable and relax.

Throughout the course of this book we are going to come back to all 3 psychological loopholes and expand on them quite a bit. But for right now it's more important that you are familiar with the big concepts behind each one. So for the time being, let's move on.

PSYCHOLOGICAL LOOPHOLE #2

There's a secret that most women don't know about the male brain. **Men are biologically programmed to be naturally competitive.**

Ever wonder why many men are so into sports, to the point that he gets worked up if his team loses and jumps for joy when they win? That's because he literally thinks of it as HIS team. Men feel a sense of ownership over the things that they like and support. So when his team wins or loses, it's like *he* won or lost.

This goes for anything that your guy likes. It's why he gets so absorbed in video games, and ignores everything else completely, until he wins. Or gets in stupid contests with his friends.

Maybe he was a middle child growing up. Middle children, both male and female, are raised to be more competitive than other children, because they always find themselves fighting for the attention of their parents.

Whatever the situation, men live day by day in competition with themselves, above all. Whether they're competing with friends, playing or watching sports, or trying to score a promotion, men live with a sense of internal competition.



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Were you ever surprised when you saw a guy try something new, that he wasn't immediately good at? A friend of mine, who is a dance teacher, works with couples that are getting married and teaches them wedding dances. She tells me about how angry and discouraged the men can get, even though it's just for fun. Even guys that seem relaxed can become extremely frustrated with themselves when they don't do something right. Us men don't have a lot of patience!

You can apply your man's sense of competitiveness to his performance in the bedroom. When you do this, your man not only ups his game, giving you better sex than ever, but it also makes him more committed to you. The more effort that he puts out for you, the more devoted he feels to making sure that you stay in his life. He's "investing" in you subconsciously, and he doesn't want that investment to go to waste!

**Men don't
have a lot of
patience!**

Think about a typical guy who will spend every available minute in the garage working on his car or motorcycle. That vehicle quickly becomes a part of his life that he could not live without. His goal is to make the vehicle run faster, smoother, and more comfortably than ever before. He is in a competition with himself and the original manufacturers to do better than everyone else. This is the exact same principal that will make him want to work harder for you.

So when you let him know how much pleasure he gave you (and encourage him to try and beat his last performance), he's going to try and give you even more pleasure the next time you're intimate.

****This is also the perfect time to try new things in the bedroom, or ask him to change his technique. See Chapter 3 for more about that.*



PSYCHOLOGICAL LOOPHOLE #3

This one's a little sneaky! It has to do with your man's subconscious mind. Once you understand how his mind reacts to being rewarded, you can use this to your advantage to make him associate you with the best feelings of his life. This works wonders. Put this into practice, and your man will want to be by your side all the time.

By giving your man tiny rewards for saying "yes" to you, you make him associate being with you with the happiest experience of his life.

Here's an example: You've just finished having sex. You offer him a glass of water or a beer. Then you say, "Hey, I really worked up an appetite... How about I order us some food?" Then when you're watching TV, you ask him, "Would you like to pick the show?" **He's just said "yes" to you three times—and was rewarded with a drink, food, and the remote.**

These "rewards" may seem small, but they get your man into a psychological mode of saying "yes" to you, and getting things that make him happy for it. He will immediately begin to associate YOU with that feeling.

This is the perfect time to ask him for something a little larger that you'd both enjoy as a couple, like planning a romantic date night, or a weekend getaway. He'll then be in "yes mode," and his associations between you and the happiest experience of his life will get even stronger.

**Make him
associate you with
the best feelings
of his life.**

Try saying something like this to him next time “Hey honey, I just saw that new Italian restaurant down the road opened up recently. How about we plan a romantic date not there this weekend?”

You’ll be surprised at how big the smile on his face will become when he ecstatically says he’d love to go on a romantic dinner date with you.

Soon, he won’t be able to consider life any other way, besides being in devoted, committed, passionate love with you.

This strategy works even better when you are the one seducing him, since most of the time men are the ones trying to do the seducing.

By turning the tables a little in his favor, you are making him feel desired (which above all else is the single most important feeling you’ll want to evoke in your man).

When you are the one doing the seducing AND he gets rewarded by saying “yes” to your advances, he will find himself magnetically drawn to you like never before.

How to Seduce Your Man

There are a few simple secrets to seducing your man so that he’s craving you in minutes. These techniques work on every man, whether you’re already in a relationship already, or not.

First, though, you need to know a little more about male psychology. If you don’t know what’s going on in his head, these techniques aren’t going to be nearly as effective.



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Express Your Desire

Now matter how thick of a shell we may put up on the outside, men are very sensitive when it comes to the women in our lives. It all comes down to the fact that *us men need somebody to need us.*

In the beginning of a new relationship, most men will pour their entire heart and soul into being with you and making you happy. But as time goes on, this passion and desire start to slowly fade away.

This ISN'T BECAUSE we don't love you anymore. In a lot of ways, we love you more than we ever have.

It was because when the relationship was new, *you desired us.* You wanted us. You made us feel so good about ourselves, and so amazed that we were really lucky enough to be with someone like you, that there was practically nothing that could peel us away from you.

Our brains were producing much higher levels of the “feel good” hormones: dopamine, oxytocin, and serotonin. Those allow us—men and women—to feel higher levels of pleasure for a longer time.

But as time goes on, our brain's hormone levels balance out. We start seeing our relationships as a normal part of our lives, instead of something new and different.

Have you ever purchased an expensive bag or pair of shoes that you had been coveting? At first, that bag or those shoes are your favorite possession in the world. You kept them in perfect condition.

Men are very sensitive when it comes to the women.



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Then after a month or so, you still love them, but they start to feel more like your everyday shoes or bag. You've gotten used to owning them. Not only that, but there are probably a few small scuffmarks.

Relationships work the same way. But here the stakes are much higher, and a relationship is much harder to repair than a pair of shoes. **If you don't work to bring the passion back in your relationship, it can be over before you know it.**

For a lot of women, the scariest thing that can happen is that your man will distance himself emotionally, and eventually cheat on you or leave you altogether. Having a woman want him is something all men need. So when he believes you have fallen out of love with him, he's going to seek that emotional connection elsewhere.

**Having a woman
want him is
something all
men need**

What I've found over the years is that **when a man cheats, he's not necessarily doing it for the sex.** He might think he is, but really, he's looking to experience the feeling of having a woman want him.

Whether he's going out with the intention of having a one-night stand, so he can get it out of his system and then come home before you find out; or if he's developed strong feelings to another woman that go much deeper than sex, all of this can be prevented if you're willing to put in a little effort to make him feel desired.

But don't think you'll be doing all the work. Men like to feel like they're in control, and that they're taking care of you. So once he sees you starting to put in a little effort, he's going to feel compelled to start doing the same thing for you.

And more good news: you're not going to have to work too hard to seduce your man and let him know you desire him.

Little things, like receiving a suggestive text message in the middle of the day, or some kisses on his neck when you hug him and turn him on amazingly quickly.

What if you're currently single, and want to use these techniques to find a great guy and start the relationship on the right foot?

First you need to know—really know—what's going on in the minds of single men.

How Single Men Think

You might think it's impossible to know what's really going on in there. Or maybe you think, just sex.

But actually, it's not what you think it is.

This section really needs to be expanded a bit, and teach how single men think, and what makes it different than men in relationships.

How Men Communicate

Men and women communicate in entirely different ways. Men only have two "languages" we communicate in.

1. literal spoken words
2. physical gestures

When we say "I'm fine"... that's what we mean! 99% of the time there's NO DEEPER MEANING.



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And when we give our friends high fives, hugs and other gestures of approval or rejection, there's no deeper meaning hidden there, either.

On the other hand, women can communicate in up to 9 different languages.

Take "mother's intuition," for example. When a mother hears her baby cry in the middle of the night, she instinctively knows if it needs food, a diaper change, companionship, or if it's in real danger.

This "language barrier" is responsible for miscommunications and mixed messages in male/female interaction.

For instance, we often don't understand the signals you give off to let us know you're interested. Our primitive brains just aren't capable of understanding it... and that leads to a lot of confusion and frustration for both of us!

Imagine someone speaking to you in French, and you don't speak French. You might catch some phrases or familiar words, but you'd get frustrated by the fact that you can't understand the language this person is trying to communicate with you in. That's what it feels like to your man when he sees you react a certain way to something he says (or doesn't say), or does (or doesn't do).

**Communicate
with men, it is
very important to
do it in a way they
understand.**

He sees you get withdrawn or angry, and he's left thinking: "What did I say??"

When you communicate with men, it is very important to do it in a way we understand. If you want to change to patterns of communication you've developed over a lifetime, you have to change your understanding of men, from how you expect them to work, to how they really work.

To do this, you need to study the differences between how men and women think.

How men think about sex

Men tend to be more rational, analytical, and logical.

While women are more creative, intuitive, and emotional.

One big example is how men and women treat sex in their relationships. Women see it as a tool to deepen the emotional connection, while men see it as a fun activity or a reward for doing something right.

When it comes to starting a new relationship, sex is always a big question.

-How soon is too soon?

-What if I'm less experienced than him?

-Will he leave me if we don't have sex right away?

In my opinion, there's no such thing as "too soon."

I'm not saying you should have sex on the first date because you think he'd enjoy it. I'm saying that there's no official rule you should follow.

Sex is a very personal and intimate experience. No one should make you feel compelled or scared to do something because you think the relationship is doomed because of when you decide to have sex.

In my experience, our bodies tell us when we're ready to have sex with someone new.

Sometimes you feel that emotional and primal connection with someone right away. There's nothing wrong with deciding to sleep together early on, if it feels right.



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Have you ever found yourself up all night talking to a guy until the sun rose? You learned so much about each other, and felt connected in many deep ways afterwards.

For me, this is when I know it's right to take our relationship to the next level. It might be two months into the relationship, or on the very first date. The important thing is that we realize our bodies are ready.

This is one of *the only times* men can communicate with their emotions, instead of with that primitive brain. That means you'll truly be in sync, sharing an experience that helps you grow closer.

I know a number of couples that are extremely happy and in love, and who had sex on their first date. I don't mean it's the only or the best way to do things—I just don't want you to either rule it out entirely, or feel forced to do it.

(I'm only really mentioning this because a lot of women think that a man will leave her if she doesn't sleep with him right away. I'm here to tell you that no quality guy will do this to a woman he's really interested in.)

If he's telling you he really likes you but he can't be with you unless you have sex with him, I have some news for you: he's lying.

But if you can get a man to let his guard down and become more emotionally intimate with you... He's going to want to be with you and protect you.

**If he's telling you
he really likes you
but he can't be
with you unless you
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I have some news
for you: he's lying.**

The Mistakes That Are Driving Men Away

Remember, you will NEVER get a great guy by:

- confessing your love for him too soon
- trying to convince him to like you through logic
- offering sexual favors in exchange for a commitment
- chasing him when he is asking for some space

It might seem obvious, but ask yourself honestly: Have you ever done one of the above four things in an effort to get a guy to like you? It probably wasn't even a conscious choice. You just knew you liked this guy and that you two were great for each other, and you wanted him to see that, too.

You did it for all the right reasons. But you didn't fully understand male psychology... or how to use it to get him to fall genuinely in love with you. We're going to go over all of that information, so you will be much better off in the future.

Advanced Male Psychology

It probably goes without saying that women experience deeper emotional impact than men do in a lot of situations. Women tend to cry more than men. Men see this as women being "overly emotional," while women see this as men being emotionally "closed off."

Additionally, women tend to be happier in "family" environments, which are why they often want to settle down, while men like to feel free and unattached.



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At our core, us men are all commitment-phobes in one way or another. We're scared of being trapped in a relationship with the wrong person. We tend to want to take our time when it comes to long committed relationships, and feel a "red flag" go up when we get pressured to move forward quicker than we want.

**Men are all
commitment-
phobes in one
way or another.**

This doesn't mean that we don't want to settle down with you and enjoy growing old together. We just need to be a bit cautious, and move at our own speed.

When women try to convince us that we **should** commit to the relationship through logic, it tends to do more harm than good.

You might say things like, "We're already basically together. Why not just make it official?" or "You've said you love when I spend the night, so why shouldn't I move in?"

Since men are more wired for logic, when we see you starting to use logic to convince us to commit, an alarm goes off internally that warns us to tread carefully. We think we could walk into a trap at any moment. **We start putting up our defenses**—exactly what you DON'T want.

This is the heart of the Undeniable Passion System. Instead of *telling* us that you're the perfect woman for us and we should be with you for ever, you will learn how to *drive* us to our own logical conclusion that there is no better match for us in the universe, and that we were destined to be with you.

After all, when you tell us something is true, there is always a little "wiggle room" for us to have a sense of doubt.

But when we believe in our core that something is true, than it must be.

Seducing your man is as simple as letting him know that you desire him.

If you're at a bar one night and see a guy you are interested, you might decide to hold eye contact with him a bit longer than usual, and give him a flirty smile. This is essentially letting him know that you desire him (to some extent).

When you give your husband of 20 years a kiss on the neck and grab his butt, this is also letting him know you desire him.

There are MANY ways to do this that don't involve physical touch, but since it's the easiest to experiment with (so you can test it out for yourself) we're going to spend some time focusing on touch for the sake of these exercises.

**Letting him
know you
desire him.**

What your friends are telling you— and why you shouldn't listen

"It's his problem, not yours."

"You're an amazing woman—he's just a jerk!"

"You're doing everything right. If he can't see that, it's his loss."

Sound familiar?

These are things that women say to other women to boost their confidence and make them feel better when they've been rejected. It's natural to want to protect your friend and make her feel empowered.



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It's very important to have positive reinforcement in your life after you've just been knocked down a bit...

But these are exactly the wrong things to say. Remember Jennifer from earlier? Well, her friends only perpetuated the cycle of failure in her love life when they "supported" her with words like this.

I'm not saying that Jennifer isn't an amazing woman—she absolutely is. I'm not saying that some of those guys weren't jerks—some of them probably were. But the fact is, Jennifer's behavior was what was driving them away.

Jennifer was her own worst enemy when it came down to finding a man for the long term.

And all those "Cosmo's" and other magazines? Those are even worse.

Jennifer kept doing the same things over and over again expecting different results. When the exact same thing would happen to her time after time, Jennifer's friends only supported her continuing these same actions

Why You Should IGNORE Women's Magazines Women are constantly being given terrible advice and false information about how to keep up their relationships, or form new relationships.

Women are constantly being given terrible advice and false information about how to keep up their relationships, or form new relationships.

Do you ever find yourself looking at the women's magazines at the grocery store, or that you get in the mail, and think, "didn't I read this issue already"? On their glossy covers, these magazines sell the same tricks every time.

"Fulfill his fantasies tonight!"

"10 tricks that will drive him wild in the bedroom!"

They're all the same—weird stuff to do in bed that makes most women feel slutty and uncomfortable.

And guess what? *These tricks don't work.* That's why women try and try to put them into practice to save their failing relationships...

And keep getting hurt and humiliated over and over...

And keep buying more magazines!

Those women's magazines aren't interested in giving you good information. Because then you would have no more problems and insecurities, and you wouldn't buy any more magazines!

If you really want to see some real change in your relationship, you're going to need to first learn how to properly seduce him the right way.

Getting Ready To Seduce Your Man

Once you've absorbed those lessons about male psychology, you're ready put them into action and bring the passion back in your relationship. But before we get in to step-by-step ideas and tricks, I want to make one thing perfectly clear. Most humans are inherently lazy. They don't want to do more

**These
magazines sell
the same tricks
every time.**

than the absolute minimum amount of work needed, and get frustrated when they don't see any substantial changes.

For example, there's a very popular home workout program called PgoX that people have been using for the past few years. PgoX is an incredibly effective way to get in to great shape, and the people who actually follow the instructions and put in the work will all tell you about their results.

**Use what
you learn.**

The problem is that according to a recent survey, 99.2% of all their customers worldwide have never completed even a full week of exercise videos, let alone all go days.

This means that nearly every single customer they have will order the DVDs expecting to see results without doing any work at all. This is obviously going to result in many people remaining frustrated at their lack of success, when it doesn't need to be that way.

With that in mind, I want to make it perfectly clear that no amount of male psychology, pre-written text messages, sensual date ideas, sex advice, or anything else you will discover in this course will do you any good if you do not take action.

I am here to help you achieve the kind of relationship you truly desire, but the only way that will happen is if you use what you learn.

Seducing Your Man

Seduction isn't just what you do at the beginning of a relationship to get a guy to become drawn to you. **For a relationship to last, you have to seduce your man over and over.** You have to keep things interesting and keep him wanting you—or else he may drift.



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Remember, the most important feeling you can provide your man with is desire. The more he believes that you desire him, the more he is going to want to return those wonderful sensations. And all of a sudden you're going to find your relationship has more passion than ever before.

The good news is that this doesn't have to mean a huge effort on your part! A few simple tricks, used at the right times, are enough to keep your man craving you.

Guess what? I'm going to give you more than just a few simple tricks. I'm going to load you up with a ton of great ready-to-use ideas and examples of tricks you can use in a variety of different ways.

First, I'm going to give you a list of 20 innocent sounding words (and examples of each) you can use anywhere at any time that were designed to trigger certain reactions in his subconscious that will instantly turn him on, and make him want to be with you.

Next, we are going to look at 50 different pre-written text messages you can send him throughout the day that will make him so distracted, that he won't be able to concentrate on anything other than coming home to be with you.

You're also going to discover a ton of different strategies you'll want to be aware of when you're using these techniques on new relationships versus long term ones.

As well as simple ways to rekindle the romance with an ex that's gotten away and you want back.



Finally, you're going to learn how to customize each of these strategies to match your personality and still hit his attraction triggers, for even more effectiveness!

Innocent Sounding Trigger WORDS

There are certain "trigger words" that you can use in text messages or conversation that will really get your man's mind going. The key to this one is to act like it's innocent—when you know it's not!

The key to this one is to act like it's innocent—when you know it's not!

You are going to learn how to use simple, innocent sounding words and phrases (you probably use every day) to get him thinking about you in a very sexual way.

Doing this well, all comes down to a simple matter of understanding how a man's brain works.

See, men are very visual creatures. This is why most pornography features extreme close ups and tons of angles of the same shot. Men like to see what's going on all the time.

Women, on the other hand, tend to use their imagination when it comes to sexual fantasies. This is why romance novels continue to sell well each and every year.

If you can paint a picture with your words that builds an amazing sexual fantasy for men, you will be able to make him putty in your hands. Men need to basically "see" everything if you want him to get turned on enough. But they also respond amazingly well to something known as the "Reward Effect".



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The **Reward Effect** is essentially a built in instant-gratification feeling they get when they accomplish something small, such as making easy repairs around the house.

In this case, we are going to use subtle (but not too subtle) word and phrases to not only start turning him on, but also give him large doses of the Reward Effect. The combination of the two will very quickly push all the right buttons in his mind.

Before you will be able to use these words and phrases to their full effect, you will need to understand a bit about the science of HOW and WHY they work.

Basically, we are able to attach a number of memories to various words that can spark numerous emotions from various senses. If you were to close your eyes and think about the word "sprinkler" it might bring to your mind several different images.

For instance, you might think about the emergency fire sprinklers you might find on the ceiling of your office. Or you might think about that little piece of metal that waters your grass in the mornings.

But, if I asked you to close your eyes and thinking about what it used to be like when you would run through the water sprinkler in your front yard as a child; you would probably have fond memories of putting your bathing suit on and running and jumping for hours on end with your friends and siblings.

When you are speaking to a man, it's very easy to make him imagine things (such as getting down and dirty with you) when you know exactly what to say and how to say it.



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The best part is that you can use these words and phrases exactly as they are written and it won't seem like you are trying to be sexual with him at all.

So with that out of the way, let's take a look at the Innocent Sounding Trigger Words:

Tight

I really need to get to yoga class— feeling so tight from sitting around all day!

I had a great workout yesterday and now my muscles feel really tight.

Screw

I'd forget my head if it wasn't screwed to my shoulders.

Wet

Got caught in the rain without an umbrella. SOAKING wet!

Hard

The test was really hard today, but I think I handled it.

Play

I like to work hard so I can play hard.

Rough

My trainer put me through a rough workout today... I'm going to be sore tomorrow!

Lick

That chocolate mousse was so delicious, I want to lick the bowl!



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Blow

I thought the wind was going to blow me over, it was so strong.

Come

Going out with friends tonight...I'd love it if you could come!

Squeeze

I'll try to squeeze you in if I have the time.

Lips

This new chap-stick feels really nice on my lips.

Push

That's just the push I needed to get this work done.

From Behind

Did you see how the Giants came back from behind last night?

She was startled because I approached her from behind.

Thrust

That was the main thrust of the argument, yes.

I didn't need it anymore so I thrust it aside.

On top

I always say that if you work hard enough, you'll come out on top.

Inside



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I know what kind of person you are on the inside.

When it gets this cold, I prefer to be inside where it's warm.

Sore

I hadn't taken my bike out for a few months, so after only an hour of riding it I knew that today I was going to be really sore.

Handle

I love my brush because of its smooth handle.

You couldn't handle me.

Dripping

I couldn't find my towel and was dripping wet for an hour.

Deep

I love our deep conversations.

I didn't realize you were so deep.

These are just a few examples. You can think of other ways to use these words, or other words that contain some kind of innuendo, and slip them discreetly into your text messages or regular conversation! Be playful and keep things fun—you'll enjoy the subtle flirtation as much as he does.

TEXT MESSAGE SEDUCTION

Imagine your man at work during an ordinary, boring day. Letting him know you're thinking about him is a great way to make him think about *you*... and want you maddeningly.

I personally love this method because you can be as playful and flirty as you want, without feeling embarrassed or putting yourself out there too much.

Plus, the “secret” element of sending a dirty text message adds spice, since you both are being careful that no one sees your messages. The “partners in crime” element is a lot of fun, and the tiny bit of added role-play really gets him going.

DIRTY TEXT MESSAGES

The art of writing the perfect text message is an elusive and mysterious skill! Learning not only to decode your lover’s texts, but to write messages which are clear and concise yourself.

Learning to express yourself using the written word is important. There is nothing especially wrong with “text speak” if you are trying to be brief and take a shortcut or two... but filling your message with slang and shortcuts which he might misinterpret is a surefire way to be ignored, or worse... You might just get exactly the opposite of what you want!

What Not to Do

Text messages can be a powerful communication tool, but there are definitely appropriate and inappropriate ways to use them in your relationships. Remember these few rules.

- 1) Don’t use texting to do something that would be faster by phone. If you are trying to make plans for a date, don’t spend 30 minutes writing with your thumbs when you could just call.
- 2) Don’t text him immediately after your date to tell him what a great time you had. Both of you should take some time to think about the date and

each other before making contact. After a few hours or a day, a quick text is a great way to reestablish contact with him.

- 3) Don't text things that don't make sense without your facial expressions and tone! Misinterpretations are common in texting. Be sure to use punctuation that can help her decipher your meaning. If you have one of these apps that lets you use silly cartoon faces, you'll be in okay shape most of the time however.
- 4) Don't overkill the emoticons. They can be quite helpful for him to figure out where your head is at, but if you're winking or grinning in every other sentence, it's just a bit silly and meaningless, isn't it? Calm down.
- 5) Don't text her in the middle of the night unless you are looking for a booty call. Any text messages after 10:00PM should be reserved for sex only.
- 6) The Obvious: don't send him a picture of yourself naked unless you don't mind it getting shown to other people. Even though he may promise to keep it private, you never know if he's shown it to his friends or not. Beyond these basic rules, how you address your texting partner depends a lot on what kind of relationship you have, and what kind you're looking for. So, what is it you desire? Are you trying to hook up with someone new, or keep a fling around for a while? Are you interested in something more than a fling with a great new guy, or are you trying to get back with your ex? Are you just hoping that text messages can spice up your love life with your current partner?

Try on a few of these for size and see what text messaging can do for you. Bonus points if you can use the secret-sexy words like I have here!



The New Guy: Flirt Ferociously

Text messaging gives you the opportunity to flirt like a fiend behind the safety of your screen. You can try out a few things, spell check, give it a read over or three. You can be as bold and brazen as you like without having to worry he might see you blush.

“Can’t wait to bust a move with you again soon!”

If you want to be sure he remembers you, feel free to text him immediately after you get his number.

“Followed my friends to Finnigan’s Pub, you should come by if the bar scene is still rough.”

“Pouring rain out here, looking for a cab. Literally dripping wet. Hope you brought an umbrella!”

Be sure to sign your first text with your name, so he doesn’t have to awkwardly ask who it is. If you’re smooth, you’ll put your name and number in his phone if he gives you it. Otherwise, keep your first text (and the next few, too) short and sweet. Don’t write him a novel. Save the good stuff for when you see him again!

Remind him of something funny if you want to grab his attention, or give him a good story to tell his friends.

“Hope you’re not still sore about that horseback riding joke. I was pretty hard on ya. ;)”

You can be as bold and brazen as you like without having to worry.



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(Don't forget the emoticon with this one! You don't want him thinking that you are actually worried he might not text you back because of a silly joke you made. Confidence is key.)

Making jokes and coming across as funny, cool, calm and collected is a great way to grab his attention fast. Don't overdo it on the cheesy stuff and don't get too sarcastic, but do give yourself the opportunity to toot your own horn - in a wink-wink, nudge-nudge sort of way. When you say something like this next text, he needs to know you're saying it with a smile, not a smirk.

"Going to compete in a break dancing competition. See if you can squeeze in a visit! My skills will blow your mind."

And of course, when you do finally get around to sending him a real compliment and letting him know you're interested, keep it simple and sweet. Go for the uniqueness!

"Screw nonchalance. I love how you push my boundaries and challenge me. Don't know if I can handle you, but oh do I ever want to."

Make contact, get to know each other, flirt and finally tell her that she's awesome! Not so hard, is it?

The Fling: Control The Conversation

One of the best things about text messages is that they allow you to manage the flow of conversation. Say what you want, when you want, on your own schedule. Especially when things are busy and crazy, you may not want to call him for whatever reason, but you can use text messaging to remind him that he's still in your phone book.



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Let him know that you are busy (and then, you know, actually be busy) so he realizes you have a life other than him, and so you have something interesting to talk about when you see him next.

Tell him you'll call him soon, then get back to him within 24-48 hours max.

"Been a rough week, getting a handle on some hard projects. Finally on top of things. Call me soon to make a date!"

Your second and third dates are less about being Mrs. Charm and more about not giving too much. Avoid sending the wrong signals by controlling the flow of information. Are you busy on his proposed date night because your parents are in town or because you have another date? Tell him you're busy. The only reason he would need to know why you're busy is if you wanted to invite him along... and you don't invite flings to meet your parents.

Build attraction between the two of you by being comfortable and using your sex appeal. Tell jokes. Give him a cute, sexy nickname. Be a tease but not too easy. Remind him of the things you found in common during your first meetings.

"I've been licking my lips all day thinking about that awesome restaurant you suggested. You owe me a chap stick."

Whatever you do, so long as you want things to be casual with your lover, keep your texts casual too.

"My schedule has been so tight lately, but I really want to squeeze in a few moments with you. Come to DJ's for a coffee tomorrow. Noon?"

**Build attraction
between the two
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Don't fall prey to the idea that you can trade nice-girl-ness for sex. Being sweet is just that... sweet. If you want to be sexy, be sexy!

Keep the focus in your texts on the sexy bits of your relationship, since that is where you want to focus your energy. Don't flirt like a "nice girl" - flirt like you mean it!

"Was at the gym all day, dripping sweat, totally sore. Just like our last date! Rematch when I'm recovered?"

"Don't worry, I'll push through it. I didn't blow all my energy. You could come by and lick my wounds later, if you're worried."

I hope you saw how we were able to use a number of our innocent sounding trigger words to create much more flirty text messages. If you are a really adventurous kind of person, we're going to get even dirtier at this point.

The next series of text messages may not be for everyone, so don't feel bad if you aren't comfortable sending them. However, if you do use them, be aware that they are extremely powerful, and will cause a huge response from him.

Dirty Text Messages

This list of text messages are dirty and are meant to be used on a guy you're already sexually active with. Although you are welcome to use them on a new guy, you run the risk of putting yourself out there too much if he is not interested in a sexual relationship at this point.

#1 I'm touching myself right now thinking about you.

#2 Meet me for lunch. I want you to grope me in the car.



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- #3 I'm not wearing any underwear and I need you to come find me.
- #4 I can't wait for you to press your naked body against mine.
- #5 I want you here right now.
- #6 I woke up wet this morning thinking about you.
- #7 You have such a dirty mind, and I love can't get enough!
- #8 Tell me where you want to touch me first when you get home.
- #9 I want you to tear my clothes off my body.
- #10 You feel so good in me I wanna scream.
- #11 I'm not horny all the time, it's just that you're so f**king sexy.
- #12 I love how your tongue feels down there.
- #13 Bite my neck and f**k me harder tonight than you ever have before.
- #14 You're such a sex machine!
- #15 I've been thinking long and hard about what I'm going to do to you tonight...
- #16 Show me where you want me to bite you.
- #17 You're such a bad boy, and I need you!
- #18 Please f**k me. *plead with him*
- #19 F**k me now! *order him*
- #20 Squeeze my breasts harder and kiss me passionately.
- #21 I know you like my pussy.... Now f**k me like you love it!



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- #22 I wanna f**k you in every room tonight!
- #23 You make me think such dirty thoughts!
- #24 I've been waiting for this all day...
- #25 Rip the clothes off of me...
- #26 Call me a slut!
- #27 Just looking at you in those boxers make me wet...
- #28 Oh god! / Oh yeah!
- #29 Tie me up and ride me harder.
- #30 I want you to f**k me in the shower tonight.
- #31 Spank my ass while I ride you later.
- #32 You're so big, it hurts me so much but I still want it!
- #33 Can you imagine doing this to me the very first time we met?
- #34 F**k me like I'm your dirty little slut.
- #35 You can have all of me, but you have to pay me first!
- #36 You're not allowed to touch me. You're just not my type.
- #37 Get inside of me deeper than ever before!
- #38 My boyfriend will be here any minute! *a good role play game*
- #39 Punish me! I've been a really bad girl.
- #40 Blowing you makes me so horny.

- #41 Talk into my ears while you're banging me.
- #42 The sheets are so wet from waiting for you.
- #43 You really know how to make a girl wet...
- #44 I love how hard you get when I stroke you.
- #45 You make me feel so slippery between my thighs.
- #46 I can't stop thinking about that thing you did to me last night!
- #47 Pull my hair and f**k me.
- #48 I want you to cum all over my face/chest/back tonight.
- #49 You make me feel like such a whore!
- #50 Just watching you makes me want to finger myself.

The Long-Term Lover: Keeping Touch

The better you know some one, the more you can play with these words and get more explicit with your text messages. Sexting isn't just for kids, you know! Be flirty or funny, or both, and most of all have some fun. Do give your lover a bit of lead-in, rather than jumping right to the good stuff. Even SMS-sex requires a bit of foreplay.

One of the hardest parts of long term relationships is keeping things interesting with all the humdrum of the nine to five rat race. Text messages let you keep in touch with your lover throughout the day, without compromising your (or his) work schedules. Whether he likes something fun and flirty, hot and dirty, or maybe just a little bit of accolades about her hard work throughout the day... text messaging is the key!



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"You must be working hard inside today, I know how rough the rain is on you! I'll make it up to you when you come home, I promise."

"Sounds like you worked out hard at the gym today, babe! I bet you're sore. How about a nice, hot, deep-tissue muscle squeeze when I come home?"

Use your imagination. Tell your lover how important he is to you. Remind him that you're think of him. Check in to see if there's anything you can do on your way home to make his life easier or sexier. And don't be afraid to get a bit hot and heavy! Sex is always better after a bit of anticipation.

The DIY Guide

Ready to start constructing your own masterpieces?

The art of text messaging isn't magic or rocket science! All in all, staying in touch with texts is pretty simple.

Don't try to say more than you can say in 140 characters. If it spills over into a second text message, either shorten it or call him. Be concise and clear. Be smart and sexy. Use the time you have to construct and edit a text message wisely. Don't send anything you haven't set aside at least for long enough to drink a glass of water. Read it again. Does it still make sense? Does it say what you want it to say?

Don't text too often or spend your day chatting on the phone. You both have better things to do with your time, and if you don't... you should! Get a hobby or three. You may have fewer conversations, but they'll be more interested! And interesting people definitely have more sex.

Use short words, so they don't take up too much space on the screen. Capitalize and use proper punctuation - commas, periods, exclamation marks



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and question marks! The more personality you can put into your messages, the better. Remember, you aren't in the room with your quirky voice, your cute smile, and your infectious laugh. You need to give her everything you can to read you in your words.

Finding Your Voice

You may not be writing the next American novel, but you can do so much to bring your personality out into your writing. If you want to get better at writing 140-character messages, start spending more time on Twitter! Follow people on Twitter who have a great deal of fans, especially guys who are followed by a lot of women. How do they communicate their own personal style?

Try writing at least one awesome tweet every day, getting as creative as you can. How many different ways can you say the same thing over and over again in one or two short sentences?

There are certain to be some words that your lover reacts to beyond our top 20 list. When you enjoy a bit of pillow talk, sexy emails or even your own sexting, see if there are particular words or phrases he seems to respond to most. Make up your own "go to" list of terms you can use in your own messages to get him all hot and bothered.

Learning to communicate with your lover, whether face-to-face, in letters, on Facebook or through text messaging, is primarily an exercise in getting to know someone better. How does he prefer to communicate? How much time does he have in the day to spend texting with you?

Does he like to hear from you in the morning as a great start to her day, or in the afternoon as a bit of a pick-me-up? Or does he really just want a short

goodnight from you to help him sleep soundly or maybe a sexier night-time text session?

COMMUNICATING WHEN THINGS ARE BAD

Naughty text messages are a great way to get a jumpstart on getting things going, but what about communicating when things are bad?

When the relationship is stale, or you've been fighting, or he seems checked out emotionally.

Communication is crucially important at this point.

Don't be afraid to ask your man to sit down with you and talk. But when he does, be sure to never blame him or accuse him. You'll just push him further out the door.

He might tell you something that upsets you and makes you want to defend yourself. For example, that he's disappointed that you don't try to impress him and make yourself look sexy when you go out together.

You might shoot back, "Well, if you took me somewhere nice occasionally, I'd have a reason to get dressed up."

Don't make that mistake.

Remember, you're trying to find out what is making him unhappy, so you can fix the problem and go back to having a happy relationship. Throwing it back into his face will just make him feel angrier and more resentful. No one wants to be around a person that makes him or her feel that way!

If he says that he's disappointed with how you've been presenting yourself recently, try this:

“You’re right. I haven’t been putting in the same effort lately, and I’m sorry about that. How about we plan a romantic date on Friday night at that new Italian place that just opened down the block? I’ll put on that little black dress I know you like.”

With this response, **you both come out on top**. He gets to see you in your sexy black dress, and gets a romantic date at a nice restaurant. You get to feel sexy and desired and spend a romantic evening with your man.

You have just changed the dynamic. Now instead of you both having your guard up, you’re relaxed and have something to look forward to together!

You also may have noticed that in this example you gave him a “reward” by saying YES to you. In this case that reward is a romantic dinner with you dressed in something he finds very sexy. This should show you that the psychological loopholes we discussed earlier are a lot more versatile than you may have previously realized.

24-hour Seduction

To keep your relationship feeling new and hot, you need to continually find ways to seduce your man. It can’t just be something you “turn on” on Friday night. You’ve probably tried that by now, and have realized that it doesn’t work.

Telling him you’re not wearing anything under your dress will work well when used sparingly. But there are many more ways that you’ve never even dreamed of, that you can put into use right now for a lifetime of results.



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So to make sure you're not left out in the cold, I want to give you some additional ideas that I've asked hundreds of women to test out with incredible results..

Send him a picture of yourself when you're waking up. A lot of guys find it sexy to see you in bed wearing your PJ's. This gets them thinking about you for the whole day.

Take a picture getting out of the shower

when you're dripping wet—no guy doesn't like a girl who's wet and clean! If you're a bit embarrassed about sending a naked photo of yourself, you can always show implied nudity by turning to the side a bit and holding a towel up to cover yourself a bit. Make sure you **don't overdo it**. It comes down to what makes *you* feel confident and sexy. You don't have to send him any overly explicit texts or pictures just because you think it's what you have to do to turn him on. You feeling sexy, is what will turn him on.

Send him a text when you're with him. One of my other trainers, Leeann has this great trick: "I've sent a guy a text message when I'm sitting right in front of him, when he's with his friends. So he sees that and thinks of what he wants me later on. You're already getting him warmed up, so the rest is easy."

Pay attention to what he likes. Maybe he has a favorite type of underwear that you wear. You can put those on and send him a cute picture, just to let him know you're thinking about him and you want to get him kind of warmed up for later.

Remember that men and women are seduced really differently. You might like flowers and candy and romantic dinners, but he might not want to come home to a salad and roses on the table! Think of what meal he really likes,

and have that. Even simply having his favorite beer in the fridge is a great touch.

It's crucially important to do things that *you both find sexy and romantic.* Some guys don't like doing the traditional things, like buying flowers and chocolates, because they think it's cheesy. Try something new, like plan a trip you both will enjoy.

One of my other expert trainers, Krista shared this story about seducing her man.

"I know that the guy I'm dating really likes a specific brand of hot sauce. I wanted to come over, so I took a picture wearing a sexy sports bra and boy shorts, and I had the bottle of hot sauce kind of in my cleavage... and I thought, I bet this will make you want to come over!

It comes down to really knowing your guy and what turns him on.

The Patented Triple Coil Approach To Seduction:

It's very important to get yourself ready before he comes over. If you're not in the mood, he definitely won't be either... and he can tell if you're faking it.

Our Triple Coil Approach To Seduction was designed to help you turn a normal encounter into an unforgettable one by getting you ready in 3 specific ways.

1. Getting Yourself Ready

Do whatever you have to do to make *yourself* feel sexy. Maybe take a hot bath, get a massage, get your nails done, or buy lingerie. It's extremely important that you feel totally in the mood and totally yourself with him.

Leeann says: “Everyone has their own way to get ready. I know that I like to make sure my nails look nice, and that I’m wearing something that makes me feel sexy. Even something casual, like my favorite jeans and a tanktop with no bra.

Even if it’s something that he won’t notice like having a broken nail, it’s something I notice. If I have a broken nail, I focus more on that than on taking his clothes off!

I need to know that my nails look good, and that I feel good, so I can make him feel good.”

Krista shares this tip: “If you know he has a favorite scent of perfume or lotion, make sure to put it on when you get out of the shower, so it’s the first thing he smells when he walks in.”

2. Getting Your Environment Ready

You want to make sure everything is clean and clutter free. It sets the mood when you come into a very clean environment, and that way, the focus is all on you, not on clutter.

Maybe your kids left a bunch of toys out in the living room. No one wants to walk in and see a bunch of action figures when you’re trying to get into a romantic mood! You have to separate the two if you’re living a lifestyle that’s a little bit hectic.

Make sure your work stuff is away, kid stuff is away, and the mood can just be set on you and him.

Next, you’re going to want to take things up to the next level. Placing a dark red cloth over your lights will create a romantic feeling environment that’s completely different than what you’d typically see during the day.

You can also light a scented candle or essential oils such as Sandalwood or Rosemary.

3. A pre-sex reward for him

You've been texting him and enticing him throughout the day. So when he walks in and you have champagne, strawberries, or his drink ready. You want to be able to know that as soon as he walks in the door, you're getting him in the mood.

Imagine the look on your man's face when you've spent only a few minutes throughout the day preparing all of this, but in his eyes, you've given him the VIP treatment that he's never experienced before.

Having something tasty ready for him when he gets home is the perfect way to get you both in the mood, and let him know that you've really thought about making this enjoyable for him.

Play some sensual music, but make sure it's not too loud and distracting. Less is more when it comes to focusing on creating a memorable evening.

Knowing your man's preferences is the key to this crucial step of seduction. So if he's not really in to R&B music, soft rock or even jazz may be better choices.

Four More Steps to Seduction

Before we move on, I want to give you a few other ideas for ways to apply some of the techniques we've discussed:

1. **A sexy text message or picture can work wonders:** "I can't wait to see you tonight. I can't concentrate on anything else." It doesn't have to



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be overdone like a Playboy centerfold. It's just you lying in bed, getting out of the shower, or just being you. This is a great way to get you in the mood too, when you send the message and wait for the response. "The response can jumpstart your day," Leeann says. "That's why I think I like to send it in the morning!"

- 2. Touch him when you're with him.** Little touches in public remind him of what your touch feels like and instantly get him going. Put your hand on his knee and slide it up a little, brush your fingertips against his palm or run your hands through his hair. These touches should be personal, based on what you know he likes. "I like to slightly tug on guys' hair," Leeann says. "That lets him know that my mind isn't in a soft, mushy place, but in a "let's get it on" place."
- 3. Sexy phone calls.** This one works well when he's away, but it can be equally effective in the middle of an average day. Even if you have ten seconds to talk in the middle of the day, you can use that time to tell him something. Here's a terrific voicemail trick— use two phones so that your call goes straight to voicemail. It's something that he can listen to on his lunch break and replay throughout the day. If you are long distance, Skyping and video chat is a great way to have face-to-face contact and make sure that he's thinking about sex with you and only you. If that video chat escalates to more, even better! You *can* satisfy him from afar.
- 4. Leaving sexy notes.** Mostly guys do this—but girls should try it too! It's such a cute little surprise when you get it throughout the day. Just take a little piece of paper and write something sexy where your man is going to find it. You can write notes and stick them in the back pocket of a guy's jeans . Or you can sneak in something sexy, and when they find it in their pocket when they're taking out their wallet they see something that says, "hey, I've been thinking about last night since the minute I woke up."



More Ways To Seduce Him When You're Together

Leaving sexy notes and sending flirty text messages are fantastic when you are away from your man. But I've found over the years that a lot of women are shy when it comes to seducing their man while they are face to face.

So this section is going to introduce you to several strategies you can use without fear to add an element of fun and flirtation to your everyday activities with your guy. These are a great way to get him warmed up way before the main event.

Sexy shopping. You can go to a lingerie store and find something that he really likes. You can try it on and show him, or buy it for him, but don't use it that same night. Make it a tease. Maybe the next day send him a picture of you in it, and then the day after that or a day or two later wear it when he comes home. Or go out and meet him after a bar after work in nothing but a trench coat and the lingerie that you guys bought together. You'll get your man to want to go shopping with you every weekend!

Going to the supermarket together: Buying groceries doesn't seem sexy. But you can add things to it to make it fun and tantalizing. When you pass by chocolate, strawberries, cherries or whipped cream, give him a little hint that you want to use them for something besides fruit salad. Give him a little wink and a smile and put it in the cart, and he'll get the hint big time!**Start the day off with something sexy.** This is most guys favorite way to start their day. Set your alarm a little earlier than normal. Or better yet, set your phone to vibrate when it's time to wake up, and place it under your pillow. This way you won't disturb him, and he'll be in for a real surprise.

Brush your teeth and make yourself pretty before he wakes up, then touch him and get frisky. Nothing makes a Monday better than waking up



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to a blowjob or a dirty shower together. He'll be thinking about you all day because you made him smile right from the minute he woke up. He'll reward you really well when he comes home from work, and at the end, isn't that going to make everyone happier?

Try a new technique every few days or every week, so your man will always be looking forward to what's next. Varying these seduction techniques is what keeps the relationship fresh and exciting.

As we discussed before, being predictable is what causes us to fall in to the same old routines that got you here in the first place. Make sure to spread these ideas out a bit and try them all to keep things new and fresh.

WARNING!! DON'T Try And Seduce Him At The Wrong Times! All of the techniques and strategies can backfire if you use them at the wrong times. You may think there are never times when your man's not in the mood, but there are moments when you don't want to try to seduce your man.

All too often I've seen women try and seduce their men during these "bad moments" and the results are not what you would want. The man will inevitably reject her advances, leaving the woman feeling embarrassed, and ashamed. Resentment can start to build, and any other problems they may have been happening in their relationship will only get worse.

Instead, it is always better to sit back and relax for a bit. Pour yourself a glass of wine, or go out for a bite to eat with your girlfriends.

Leeann shares a story of when one of these techniques backfired for her.

**Varying these
seduction
techniques is
what keeps the
relationship
fresh and
exciting.**



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“The guy I was dating was watching a football game when his favorite team was playing. I literally was walking naked in his room, walked right past the TV, and he didn’t even notice!”

“Not only is it a blow to your ego, but you’re like, why won’t he pay attention? I can’t believe he doesn’t want to have sex! But his favorite team in his favorite sport is on. If I’m doing my favorite thing, or I’m with the girls, I’m really not thinking about sex.”

“But really, guys have their own moments where they zone into something else, and sometimes you have to leave them in that zone. Football is definitely one of those things.”

**I wasn’t
annoying, I was
the cool girl.**

Trying to seduce your guy when he’s watching the game can definitely lead to a fumble. So make sure to allow him some space when the game is on.

Another time is when he’s out with the guys. Sometimes guys just don’t want to have their phone on when they’re out with their friends, or they feel like you’re checking up on them if you call or text.

“Be the cool girl,” Krista says. “I’ve had boyfriends that I just let do their own thing. The more I let them do their thing when they had plans, the more I started getting invited. Because I wasn’t annoying, I was the cool girl.”

It makes you seem less needy, which is actually a major turn on. When your man feels that you don’t really have much else going on outside of the relationship, he’s going to feel closed in. And this is the opposite of sexy.



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Seduce; don't smother. You'll probably start to find that he'll send YOU messages when you're sitting at home and he's out, because you didn't send them first, and now he's thinking about you.

The next time it's important not to seduce him is when he's going through something emotional— It might not happen a lot, but it does happen. Maybe his boss was giving him a hard time, or he had a falling out with a friend or family member. Whatever it is, guys usually want to be left alone when they're upset about something. Don't try to pull them away from whatever they're feeling by distracting them with seduction.

Regardless if he wants to talk about it or not, the absolute best thing you can do when he is emotional is give him some space and let him come to you when he's ready.

"Sometimes they just need to be in that mindset, and deal with it the way they want to," Leeann says. Let him know that you're there if he needs to talk, but then go do your own thing.

Another important time to forget about seducing your man is when he is nervous about something outside of the relationship. Many women try to take their man's mind off of what ever is making him nervous (job interview, a call from the doctor, or a variety of other factors).

But what usually ends up happening is the exact opposite of what you would want. Since your man is so focused on the thing that is making him nervous, he won't be able to give you his full attention. In a lot of situations, this also

The absolute best thing you can do when he is emotional is give him some space.

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means that his mind will be too distracted to even achieve an erection, which will only make things worse.

And finally, it is never a good idea to try and seduce your man when he isn't feeling well. Whether he just finished a large meal and is now completely full, or is he might be coming down with a cold, you're going to want to stay away from him during this time.

Not only does it have the potential to turn very messy in a hurry, but if he is sick there's a good chance he may infect you through the exchange of fluids.



CHAPTER 2

Undeniable Fantasies

Before we go any further, I want to tell you more about what happened to my friend Jennifer.

Jennifer's Story, Part 2

How Jennifer Turned Her Love Life Around

Jennifer didn't understand the three psychological loopholes that allow men to feel bonded to women.

She was completely missing out on opportunities to make the men that she really liked fall in love with her. Because she didn't understand these loopholes, Jennifer constantly drove men away, instead of driving them to stay with her.

I knew we had a problem here. I didn't want to see Jennifer making these same mistakes over and over, and be doomed to a life of searching for a match and never finding one.

A few months after I met Jennifer, she called me up sounding excited.

"Joshua, I just met this amazing guy!" she gushed. "His name is David. I was at happy hour after work yesterday, and the bar was really crowded. I was standing waiting for my drink, and there was this guy standing next to me.... Joshua, he was so good looking, I was just trying not to stare!"

I chuckled. "Then what happened?"

"So, we're both waiting at the bar for our drinks, and he strikes up a conversation with me. Turns out we work a couple blocks away from each other. We ended up just sitting in a corner together, and we talked for an hour and a half!"

"That sounds great, Jennifer," I said. "Congratulations."

"But Joshua," she said, sounding worried. "I just... I *really* don't want to screw this one up."

Jennifer was more motivated than ever to master the three psychological loopholes.

We had a long conversation. I told her about them in detail and made sure she understood. I then told her to keep me posted.

**Master
the three
psychological
loopholes.**

Jennifer used the first psychological loophole—letting David know how much she desired him—even before they had sex. Jennifer actually waited until the third date to go home with David. But even when they kissed, Jennifer told him what a good kisser he was, and how much she liked feeling his body.

She even told him that from the very second she spotted him at the bar she wanted nothing more than to be wrapped in his arms, and feel their bodies pressed together.

"He loved it!" Jennifer told me. "I could tell that it got him more excited and that he really wanted me more."

When they did sleep together, Jennifer said, it felt much more natural than usual. Their bodies were ready for it.



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"I told him how good it was and how much I enjoyed it, during and after sex," Jennifer said. "And the next day, I texted him saying 'Still thinking about last night. I can't get that moment on the floor out of my head...'"

"Did he respond?" I asked.

"Oh, yeah!" she said. "Instantly. He said, 'I need to see you again tonight!'"

Jennifer tried out Psychological Loophole #3 that weekend. They had just woken up, and started fooling around. After they had sex, Jennifer asked him if he wanted some water. Of course, he said yes.

Then she asked if he'd like some breakfast. Who could say no to that? After they had their bacon and eggs and coffee, Jennifer asked if he wanted a shoulder massage, since he'd mentioned feeling tense from work the night before. Again, no way he could refuse!

And the icing on the cake was when Jennifer offered him a mimosa to sip while he was getting his neck and shoulder massage.

As she was massaging his neck, Jennifer mentioned a movie she'd been wanting to see. It was playing at the theater down the street from her apartment. "Maybe you'd like to see it to?" She asked.

"That sounds great", he answered.

And they spent the whole day together that Saturday.

Without David even realizing it, Jennifer had gotten him in "yes" mode. If she had just asked him to see the movie with her out of the blue when they'd gotten up that morning, he probably would have

Without David even realizing it, Jennifer had gotten him in "yes" mode.

hesitated. He'd have thought about all the other stuff he wanted to do that day. Maybe he wanted to catch up with the guys or run errands.

He wouldn't have jumped at the chance to see a movie he had absolutely no interest in, even though he'd been having a good time with her.

But since Jennifer used the Psychological Loophole #3 flawlessly, David's mind was primed to say yes...and he was rewarded because of it.

Jennifer said that later that day once they'd parted ways, she got a text from David.

"I had a great time with you," it said. "Can't wait to see you soon."

Jennifer was ecstatic. David was now associating *her* with having a great time...and he wanted to see her again as soon as possible. He was missing her already.

Jennifer's accomplishments might seem small to you right now, but this was a massive improvement from the lifetime of mistakes she had been making. And considering that you can basically copy/paste exactly what Jennifer did in just about any relationship, the fact that they are still in the "honeymoon" phase, does not matter at all.

How to make him commit AND enjoy your biggest fantasies.

In order to have a truly successful relationship, you need to accomplish two things.

1. There needs to be commitment from both people.
2. You need to both be physically and emotionally satisfied.



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In order to achieve both of these, it's essential to have a sex life that both people find exciting and fulfilling. Often once you've fallen into the same old bedroom routine it's helpful to shake things up with roleplaying.

Maybe you haven't tried roleplaying. You might have some doubts. Perhaps you're worried about feeling self-conscious and not like "yourself."

Well—that's the point! (Kinda...)

We all have fantasies. It's part of being human. But if we're too scared to tell our partner our fantasies—especially if we've been in a relationship with that person for a long time—we end up closing off that part of ourselves to our partners, and to ourselves.

Roleplaying allows you to explore your connection with your partner, and your own sexuality and self, on a deeper level. By changing the dynamic completely, you open yourselves up to new possibilities.

The idea is to step out of the normal everyday routine, and have some fun trying something you otherwise never would have gotten to experience.

Costumes, fake accents, and strange props are not required at all, but they can be fun from time to time. The important part is to relax and allow yourself to step out of your typical comfort zone.

Here are a few roleplaying options that you can try, along with a possible "script" to get your imagination going. Remember that these are just guidelines to get you started—the possibilities are endless!

The idea is to step out of the normal everyday routine, and have some fun.

ROLEPLAYING SCENARIOS

Ashley, the High Class Escort

This is a classic roleplaying scenario. You'll probably be surprised by how much you enjoy playing the role of the sexually empowered, but choosy, female escort who drives men wild to have her.

And there's no question that your man will love this too. It allows him to tell you exactly what he wants to do to you, or for you to do to him. It might be something he never felt comfortable enough to tell you before!

The "off-limits" aspect of this scenario adds so much excitement.

For this scenario, many couples find it really exciting to put on wigs, and give themselves fake names. It helps them to really get into the action.

Possible script: (The woman should know on the front door and wait for the man to answer)

Ashley: Hi... did you hire an escort?

Man: Yeah... I'm sorry, I'm a little nervous. I've never done this before.

Ashley: Don't worry. Just relax and tell me exactly what you want me to do.

From here the man can either take a dominant role and give the commands. Or he can be a bit more submissive and allow you to take charge. You might find it very exciting to see him put up a little resistance and act very nervous. Getting him to relax and come out of his shell can be very empowering.



The Dirty Tutor

In this scenario, one partner is trying to teach the other an anatomy lesson, but the student just isn't getting it. The tutor then has to try some alternative teaching methods to get the point across.

Or, one partner can play a student who has failed a test has to beg the teacher to give them a better grade.

(Hint: If you and your lover are comfortable enough, describe what the teacher is like. Tell his or her name, how he or she speaks or acts. The more real it is, the more into it you both will be.)

Possible script:

Tutor: Listen, I'm trying to explain this every way I can. You still don't understand?

Student: I'm really trying, but I'm just not getting this! I don't know what to do about my test tomorrow.

Tutor: We all learn in different ways. Maybe there's something else I can do to make it stick.

From here the tutor can teach the student how different parts of their anatomy work by physically demonstrating one them. This is another great scenario where one person gets to play a more dominant roll over the other.

The Injured Athlete

This one is perfect for the guy who always dreamed of being the star quarterback. And for the girl who always fantasized about being the dirty cheerleader who got to sleep with the best athlete in school.

You can also try a variation where the man dresses like the star athlete, and the woman dresses like the typical school nerd. Or the girl can be the sexy cheerleader, and the guy can throw on his glasses and pocket protector.

This is perfect for anyone who dreams of making the person who rejected them in high school helpless with desire...

Possible Script 1:

Cheerleader: Hi, I'm Becky, the new cheerleader on the squad. I haven't seen you at practice.

Athlete: It's my leg. I really messed myself up that last game.

Cheerleader: You poor thing. Can I do something to make you feel better?

Possible Script 2:

Athlete/Cheerleader: Hey, if I fail my history exam tomorrow I'm going to get kicked off the team/squad. Is it alright if I cheat off of your answers?

School Nerd: I'm not going to let you cheat for free. I'm never going to have an opportunity to get with the star athlete/cheerleader again. So if you want to copy my test answers you need to do something for me.

Strangers at a Bar

This is a scenario that every couple should try at least once. It's a lot of fun to act out, because it happens when you're both out in public.

Plan on meeting at a bar where you've both never been. Walk in a few minutes apart so no one sees that you're together. One of you will be waiting at the bar having a drink, while the other will approach and try to pick them up.

It's no fun if it's TOO easy, so you might want to make it a little tough on your partner. But the idea is to boost their confidence and go home together, so make sure you don't play too hard to get.

Possible script

Man (approaching woman at the bar): You look like you could use a fresh one.

Woman: I guess I could.

Man: It's my first time here. I just flew in from out of town for business and I'm only here for one night... Does this town offer anything fun?

Woman: That depends on how much fun you want to have...

The Handyman

A classic roleplay that almost every woman has fantasized about. The woman plays the newest arrival to the neighborhood. Unfortunately, there have been a few problems around the house. The guy plays the friendly neighbor who is willing to help out any way he can.

You can also do this when you have some real minor repair work to do, like a light bulb that needs changing or a loose screw to tighten. Just make sure to keep it simple so you're not ruining the moment! Or, you can reward your man with this when he's finishing up real repair work, for an unexpected surprise that will make him look for things that need fixing.

Possible script:

Handyman: Well, it's all fixed. Looks like it was just a loose screw.



Woman: Thank you so much. I'm out of cash and I can't find my checkbook... Is there some other way I can compensate you?

Handyman: I'm sure we can come up with something.

Revenge Sex

This one involves one person approaching and seducing their partner in public.

Pretend that your current, made-up lover has recently broken up with you or cheated on you. So the entire reason for hooking up is to get revenge on them.

Possible script:

Man: Hi there. I couldn't help but see you looking so sad from across the bar. May I ask what's wrong?

Woman: I wouldn't ordinarily tell this to a stranger, but I'm just so upset... I just found out that my boyfriend is cheating on me with my best friend.

Man: That's terrible. I can't imagine why anyone would do that to such a sexy woman.

Woman: Thanks... Hey I've never done anything like this before, but do you want to help me get back at that asshole?

The CEO and the Secretary

Next is a scenario where one person takes a very dominant role, and the other remains submissive.



There are a lot of versions of the fantasy. Typically, the man plays the powerful CEO and the woman plays the secretary who has messed up an important report. But don't be afraid to get creative, or swap the roles so the woman is the high-powered boss and the man is the one in trouble. This is a great way to get out of your comfort zone and add instant excitement.

I like to use costumes and props to really set the mood right, so I'll get dressed up in a business suit and pull out a binder with spreadsheets and official-looking documents. I'll ask my partner to put on a tight pencil skirt, a button down top and heels and put her hair in a bun.

The more into it you get, the more fun it is, especially when you sweep everything off the desk to have sex right there. Just make sure you don't have a laptop out.

Possible script:

CEO: Jenny! What the hell is this? I can't even read this report.

Secretary: I'm sorry. I thought I did it right...

CEO: If I'm going to spend all weekend fixing this, you're going to have to find a way to make it up to me.

The Returning Soldier

A lot of women ask me about this one. Here your man plays a soldier who has come home from fighting overseas, but who can't reach his family or friends to come pick him up. So he knocks on a door and the woman who answers happens to love a man in uniform, and will do anything she can to serve our troops. You can also act out the version where the man is running from enemy troops, and needs somewhere to hide.

A friend of mine went to an Army Navy surplus store and bought a full military uniform for \$30. Since his girlfriend has always had a thing for military guys, it became a great investment.

Possible script:

Soldier: I'm sorry to bother you ma'am, but I just got back from overseas. Could I trouble you for a place to rest my feet for a while?

Woman: Of course. I have to say, I love a man in uniform. You have so much courage and do so much for our country.

Soldier: It's true, it gets hard being in the battle zone for so long. You start to get lonely.

Woman: Maybe I can do something to thank you for your sacrifice...

The Mile-High Club

Don't worry— if you haven't had sex in a tiny airplane bathroom, or don't find the idea too appealing, you can still get a lot of pleasure out of this scenario.

Pretend your living room is the terminal in an airport, and you're two strangers stranded waiting for a delayed flight. Or, the woman can play the part of the airline hostess delivering the bad news. You can also try it in your bathroom for the "sex on an airplane" fantasy.

Possible script:

Man: Excuse me, ma'am, I'm waiting for my flight and it's still delayed. Can someone tell me what's going on?



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Flight attendant: I'm sorry sir, but the plane has been delayed from its outbound location. It's going to be a few more hours, I'm afraid.

Man: This is absurd. I'm sitting here waiting around with nothing to do. I at least want an upgrade.

Flight attendant: I'm sure that we can arrange something...

As you explore these fantasy roles and try out the ones you like best, start to **extend your fantasy roleplay sessions by 10-minute increments**. Of course, the ones you act out in public might take longer, especially when you factor in getting home.

Starting out slowly will help you and your lover to develop your characters in a smooth and natural-feeling way. The more experienced you become, the easier it will be to stay in character for longer periods of time.

Eventually, you might want to give your character a name. You can come up with their back-story and even an accent. Combine this with wigs, costumes, and props like glasses or toys, and you and your lover will really feel like you're taking on the identities of your characters.

This is a fantastic way to make sure the creativity, passion, and fun will never fade from your sex life.

GETTING KINKY

For some of you who have been role playing for a long time, you're probably waiting for something not so basic. For those of you interested in bondage, rough sex, and all things kink, my friend Shea, who is a professional dominatrix and expert in the world of kink, has agreed to share her top tips with you.



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I think all men, women, and couples deserve to know this information, and to have the opportunity to bring excitement into your bedroom like never before.

Here is what Shea has to say.

"I specialize in helping people work through their craziest, wildest fantasies, whether they be sexual or not. Fetishes, bondage, domination... I also work with couples who want to come in and play with each other. I train either the male or the female or both to top their other partner. (Don't worry, we'll get in to the various terms you'll want to become familiar with shortly.)

Many people in this world have crazy fantasies that they want to work through, many of which include dominant or submissive behaviors. Many of them have different roles, or both roles that they want to fulfill."

Are you a "dom(me)" or a "sub"?

"A lot of people ask what the kind of roles are that are involved in BDSM or fetishism. Usually there's a dominant person and a submissive. Sometimes both or one of those people switches as well, but usually there's one dominant and one submissive, or two dominants, depending on how many people you're playing with.

A "dom" is usually an alpha, dominant person. Usually they have a status to them, they carry themselves upright and have a superior personality. You can just tell when you look at them.

A submissive person is on the opposite end of the spectrum. They usually look meeker and don't like to make decisions. They like to surround themselves with people who are more dominant. They like it when other people make choices for them. So a lot of times the dom will make sexual decisions for their submissive. They'll tell someone how they want them to come, or what

will make them excited, or what will make them aroused. A lot of times the submissive will do a lot of house cleaning or serve the dominant person.

Communication is probably one of the most important things when it comes to a relationship, whether you're kinky or not. A lot of times if you don't communicate with your partner, or you don't tell them that you have certain fantasies, or a certain sexual desire, it makes the relationship more complicated. **That's why people drift: because you don't mix it up, or because you're not honest with each other about what excites you, what turns you on.**

You get complacent and you're no longer excited about the relationship. Whereas, if you start the relationship off early, being very honest with each other, and you tell each other what you're into, what your sexual desires are, if you like to be spanked or tied up, or if you like to dress up in Latex or things like that... If you're honest with your partner up front, a lot of times it makes the relationship a lot easier.

Not only that, but you guys can share these things with each other, and it makes sex a lot more exciting for both of you."

Shea's Tips for Spicing Up Your Relationship

Say you **bring someone home for the first time.** Maybe it's a "one night stand" type of thing, or maybe you hope to see the person again.

My personal recommendation is that before you even get in the car or the cab to go home, let them know up front that you want to be kinky. "Yes, I want to take you home, yes I want this to be exciting, but I'm a freak. I like to be tied up." You don't have to say it like that—you can ease into it!—but



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if you're at the bar and the conversation is fun, everyone is loose, it's a little bit easier.

Now, if you're **seeing someone on a regular basis**, and at the beginning that wasn't something you talked about but now you're ready to spice things up.... **Bring it up a lunch date—in neutral, nonsexual territory.** Say, "hey, what do you think about trying this?"

If you're in a **long term relationship**—more than six months—this is something that's a little more complicated. You've been with this person for a while, and you're probably a little more nervous about talking to this person, because you guys have developed a relationship. You want to keep this person around, but you're not sure of how they're going to react.

Again, I would go with the lunch date. Talk to them in a neutral setting. But always make sure they're in a good mood. If they've just come home from a stressful day and you pull out the handcuffs and say, "Hey, what do you think about this?" they probably won't react too well!

In any circumstance, **make sure you're both in a good mood and in good spirits, so it's not awkward or taken the wrong way.** You want it to be playful.

Here are some tips for bringing kink into your sex life:

Start slow. Maybe you've brought it up once or twice but still aren't 100% sure. It seems like your partner may be open to it, but you're not sure.

**Talk to them
in a neutral
setting. But
always make
sure they're in
a good mood.**



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I like to use **scarves** for bondage. Hide a scarf under your pillow when you guys are fooling around pull it out. Scarves are great because you can use them for lots of different things. You can use them as gags, you can use them to tie someone up, bind someone's hands or just as a blindfold. It's relaxed, playful, and fun.

Listen to your partner. Being a great lover means doing things that your partner likes, even if you wouldn't ordinarily do them. And you might find that it's really fun and exciting for you too. Who knows? You may never know that you would like having sex completely coated in Latex or that you'd like splashing (food play), or being tied up, spanked, or anything else.

If your partner comes up to you and says, "Hey, I'm kinky, I want to try this," be open to it. They're probably nervous about coming to you with this. So if you can listen, be open to them, and give it a try, you're doing them a big favor.

Remember that your partner would much rather be sharing this experience with you, the one that they love, than coming to a professional dominatrix.

See the training videos for Shea's demonstrations on the basics of kink (slapping, spanking and hair pulling) and sex toys for bondage, including safety and how to approach extreme play.

Remember to start slow when you try these techniques. A rewarding sex life is about keeping things fresh and new. Use this as inspiration to break out of your usual routine, and find things you didn't even know you loved.

Being a great lover means doing things that your partner likes



CHAPTER 3

Undeniable Sex

Foreplay

Foreplay is one of the most pleasurable sensations a man can experience. Foreplay that makes your man's toes curl is guaranteed to lead to passionate lovemaking, again and again.

Most women think that touching his penis is enough. Most men are just that easy to please, right?

If you want to share foreplay that will really maximize his pleasure—and yours—and keep you both hungry for more, you're going to have to step it up.





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First off, remember that it's okay not to want to perform certain acts on your man. **A lot of women tell me they don't enjoy giving their guy oral sex. That's perfectly fine.**

In most situations, **it's actually *better* for you to stick with what you enjoy doing, rather than what makes you uncomfortable.** If you give your man head and can only think about how much you hate it, you probably won't do a great job. And then you'll both be disappointed.

The best thing is to stick to what you enjoy. And ask your man what he likes! The next time you're feeling frisky, sit your man down and climb on top of him. Undo his belt and slide your hand down his pants. But before he gets *too* turned on, ask him in a sexy and flirty way what he wants you to do.

Whisper in his ear and get a little dirty.

You can ask questions like, "Do you want me to lick your rock hard shaft, or do you like it when I use my hands?" or, "Do you like looking in my eyes when I go down on you, or do you prefer to lay back and let me take control?"

Communication is key. You want to perform the techniques that he most enjoys.

And this saves you from having to ask if he's enjoying it while you're in the middle of the act. Think of how annoying it is when your man is going down on you and he constantly interrupts himself to pop his head up and ask, "Is this good for you?"

The best thing is to stick to what you enjoy. And ask your man what he likes!



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This also subconsciously gets *him* to step up *his* foreplay game. **By setting the example of communication, he'll want to make sure he's doing what's best for you.**

What if he gets so into it, that he finishes before the sex can even start?

You might think he's done for the night. Actually, that's not always true, for two reasons:

1. He was most likely taking the passive role during foreplay, allowing you to please him. So his body isn't nearly as tired as after a vigorous round of sex.
2. His body is programmed to think that sex comes after foreplay. So when it thinks he's close to having sex, will try extra hard to rally.

So if your man does orgasm from foreplay—first of all, congratulations. You were clearly doing something right. Just continue the dirty talk and sensual touching, and you'll be surprised at how often your man will be able to pick himself back up and go at it again. And this is a great time to tell him to return the favor and bring you to orgasm from foreplay alone.

You're also giving him a giant ego boost this way. When he's able to regain his force and pleasure you, he feels amazing for the rest of the day.

Another trick to use during foreplay is **to keep a free hand on his chest**. Men love it when you use your nails. Dig your nails in to him slightly when you're stimulating him manually or orally, and he'll get even more into it. This is

When he's able to regain his force and pleasure you, he feels amazing for the rest of the day.



also helpful if he pushes your head down a little too hard—you can gently tap on his chest or stomach to tell him to ease up, without ruining the moment.

Hygiene

Often women find giving their man a blowjob, well, distasteful.

So a note on hygiene:

The way your man's penis and semen taste actually has a lot to do with his diet. If he eats a lot of greasy, spicy, oily, or fatty foods, you're going to taste that. Some foods, like pork, are very hard to digest, and can stay in the stomach for up to 72 hours. That's three-day-old meat sitting in his stomach, being cooked like in an oven at 98.6 degrees! Same with some kinds of peppers, and the oils found in fast food.

If you can help him eat less of these foods, the taste can change in even a couple days.

Also, **eating more sweet fruits**, like pineapple, coconut, or strawberries, can make him taste dramatically better. So use one of our seduction techniques—go to the grocery store and buy some fruit and whipped cream, and get ready for one sexy fruit salad! Additionally, there are tons of great kinds of flavored lubricant you can try.

You can also **jump in the shower together**. This is always a sensual experience, and he'll love the feeling of your wet body. Soaping him down is both pleasurable for him, and definitely more pleasurable for you. Even without soap, the warm water will trap a lot of the odiferous molecules on his body.

Tips to Increase His Pleasure During Foreplay

1. Talk dirty – this is especially effective at the “Point of No Return” when he’s about to come. You can increase his pleasure threefold just by adding some dirty talk.
2. Use everything you’ve got—Use both your hands and mouth when giving him oral sex. Men like feeling multiple sensations— it feels like there’s more than one woman pleasuring him when you’re using your hands and mouth to perform individual actions.
3. Make sure he knows that you like it too. This goes along with Psychological Loophole #1. If it’s obvious that you see foreplay as a chore, and that you’re bored and not that into it, he’s not going to get a lot of pleasure from it.

Increase YOUR Pleasure During Foreplay

Don’t think that all of the work is entirely on your hands. I’ve been working to train men to pleasure women for many years, and have a number of highly acclaimed programs that were designed to turn him in to a masterful lover.

I recommend taking a look at www.HerFantasyLover.com for more information.

However, if you want to very easy tip to greatly increase your pleasure almost instantly, you can take advantage of Psychological Loophole #1 (his inner competitiveness) with one simple sentence.

Next time your man is performing foreplay on you and you’d prefer he use a different technique, I want you to moan and say this: *“That feels so good I can’t take it; but I think it would feel even more amazing if you did it like this*



_____ instead." Then, once he is performing the techniques more to your liking, moan even louder and let him know how amazing it feels.

See our training videos for demonstrations by Krista and Leann about foreplay techniques that will drive your man wild, and have him thinking constantly about you and only you.

Sex

This is important information to share with your partner. It will utterly transform your sex life—without making you do anything “slutty” or uncomfortable in the bedroom (unless of course, you’re into that kind of thing).

Position Goal Principle

A few years ago I discovered what I call “Position Goal Principle.” It completely changes how you experience sex—simply by modifying the positions you’re already using.

It’s not the size that counts, it’s how you use it.

The Position Goal Principle forces you to enjoy deeper, fuller, more intense penetration from any sexual position you can imagine. You will enjoy the most body-quaking orgasms of your life, AND increase his pleasure by up to 250%.

Everyone’s heard the expression, “It’s not the size that counts, it’s how you use it.” Well, I bet no one every explained the “how you use it” part.

Penises come in all shapes, sizes, colors... And all erections are different, too. Your man’s erection may point down towards the floor, up towards the sky, or somewhere in between. It may angle to one side or the other.



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Any erection can lead to amazing orgasms. It's just a question of understanding how to use it.

This gets to the "Goal" part. Every position has different goals. The goal of doggy style is to achieve deep penetration and stimulate the g-spot.

If his erection points downwards, he'll have no problem reaching your g-spot, near the front. But if it points upwards, he's not even going to get close.

Instead, you can sit up so his chest is against your back. Your bodies will compensate, helping to accomplish the "goal" of this position—a great g-spot orgasm.

Accomplishing that "goal" each and every time will lead to a much more satisfying sexual experience.

**Every
position has
different
goals.**

Here's a simple formula that, with some slight modifications and improvements, will make your favorite positions more pleasurable for both of you than ever before. And might make some positions that were uncomfortable or didn't "work" in the past, your new favorites.

Let's say your "goal" is to achieve g-spot orgasm through regular missionary position.

If his erection points upwards, you can ask him to sit up and lean back a bit. This will not only provide extra friction that will feel amazing for him, but will provide space for him to stimulate your clitoris with his fingers or a mini vibrator. That will allow you to experience a "compound orgasm" (both a clitoral and g-spot orgasm simultaneously) or a "rolling orgasm" (one orgasm followed by another with little or no pause in between).

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Pretty amazing for the most common, vanilla sexual position out there wouldn't you say? But if his erection points *down* in the front, you'll want to place a pillow under your thighs and the bottom of your butt. That will allow him direct access to your g-spot for easy access for direct stimulation. His body will naturally find your clitoris—which you'll love—and he will have access to your breasts, which he'll love.

You may also want to try Reverse Missionary if his erection points downwards. As you lie on your stomach, he'll penetrate from behind. This is a very dominant position for those who are open to things getting a bit kinkier as well.

Our goal here was to stimulate g-spot organism through missionary position. And we were able to accomplish that in several completely different ways.

Please see the training module, where Krista and Leann share their favorite positions. Watch it with your partner for new ideas and variations on familiar themes, as well as dozens of positions you've probably never tried before, but can revolutionize your sex life through slight modifications.



CHAPTER 4

Undeniable Afterglow

After having sex, your man is in a very vulnerable state. He's physically tired, but his body has also released a lot of testosterone. His brain is trying to "come down" and get everything back to normal.

When he comes down from the high he's experiencing, you'll have a perfect window of opportunity to make him feel closer and more connected with you than ever before.

It's this state in which you're going to build the strongest connection with him. This is the moment when he's most susceptible to emotions.

This is the perfect moment to employ my "Yes Theory" – an addition to psychological loophole #3.

Yes Theory

Remember Pavlov's Dog? That was the famous experiment in which Dr. Pavlov realized that once dogs were trained to expect food when he rang a bell, they had the same reaction even when there was no food. They started salivating on queue with the bell, because their brains were wired to connect the sound with food.

"Yes Theory" works the same way. With this technique, **your man will associate the things he loves with being with you.** Moreover, when he's not with you he'll be thinking that he'd be happier with you!



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You'll tap into the subconscious parts of his brain to practically force him to want you more and more every day.

He's going to feel happier than ever, and want to make you happy in return. Up there on cloud 9, he'll be even easier to seduce the next day.

You'll keep a permanent smile on his face—and he'll want to do the same for you, every day.

Applying The Yes Theory

It's important that you don't let the good feelings fade after you both go to sleep. The Yes Theory is a great way to achieve a dramatic and amazing upturn in your love life, and keep him feeling attached to you and no one but you. But there are other ways to keep your man "warmed up" throughout the day, every day, to make for a life of passion.

Here are a few techniques for keeping your guy in the mood for you, 24-7.

- 1. Talk dirty, even when you're not being dirty.** Talk about things you did during sex, or what you want to do next time. This will excite both of you and guarantee you're always aching for more. You can do this either while you're sitting next to him, or via text message the next day.
- 2. Make sure he knows how much you enjoyed it.** You can say things like, "Wow, I can't believe how sweaty and worked up you got me," or even the time-honored standard, "God, that was amazing." Make sure he knows how much you enjoy sex with him, and by spending good quality time with him after sex, you can get him to agree to some little things."
- 3. Keep up the intensity.** A few hours later or after you've parted ways, send him a dirty picture or text. Let him know that he's still on your mind and



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that you're replaying your sexy night over and over again in your mind. The perfect time to do this is 2-3 hours after sex. Now he knows how fun and how intimate you can be, so he's going to want to keep the vibe up, especially if you keep the vibe up after sex. **Keep a long-term connection.** Plan a weekly date night when you can be totally disconnected from the world—no cell phones, no emails, no TV on in the background—just you two. And try going to places you've never been to before. Just by stepping in to a strange restaurant, bar, club, or lounge, you're going to need to rely on each other to find your way around. This will immediately put your brains in "team mode" since you'll be working together. It's a super simple, yet incredibly powerful way to strengthen your bond even more.

4. **Don't use everything at once.** With so many techniques and ideas, don't use everything at once. Spread it out and keep things interesting. Maybe one night surprise him at your apartment with candles and a bottle of wine, do some sexy shopping over the weekend, and then tempt him with your sexy lingerie during the week to culminate in an intimate Friday date night. By simply planning things out a bit in advance, you've now taken 3 strategies and stretched them out for over a week of fun.

But don't plan out your adventures too much. Spontaneity is very important when trying to spark true passion and romance.

Keeping a Long-term Connection

Remember my friend Jennifer? Well at this point she had mastered the three psychological loopholes and was seeing instant results with David.

But there was still something that I worried about. The thing is, Jennifer didn't have any hobbies or interests outside of work. Maybe she spent so



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much time chasing guys and thinking about what *they* would want her to be interested in, that she wasn't able to nurture any passions of her own!

Some people have a lot of hobbies and interests. You can barely ever pin them down, because they're always bouncing around from their ballroom dance class to their book club to their volunteering at the animal shelter.

For some people, though, hobbies just don't come naturally. They aren't really that into anything outside of work. They hang out with their friends and watch TV or read, and that's about it.

Jennifer was one of those people.

Jennifer only had a couple of close girlfriends. She didn't have any passions or activities outside of work. She had a great personality, but there just wasn't a lot going on in her life.

My years of experience working with women have shown me something. It is **crucial to have an interest outside of your relationship if you want your relationship to work.**

A lot of women think that if they save all their time for their man, that will make the relationship stronger. Right?

Wrong.

If you want to keep a man interested, you have to play hard to get. This remains especially true *when you're in a relationship*. If you are too accessible, guys just lose interest.

Remember, though, the goal of finding a hobby is not to be on the lookout for single men! If however, you happen to meet someone who shares your interest

If you are too accessible, guys just lose interest.

down the line, that's great. But for the meantime, **it's more important to find something that you truly enjoy and want to pursue for you.** This makes you more interesting to men you meet, as well as giving you more confidence and less time to sit around texting that guy you just met.

I asked Jennifer if there was something she'd always wanted to learn or do. She couldn't think of anything. I gave her some suggestions, but she wasn't that into any of them.

I suggested she come with my friends and I that night for pub quiz at a favorite spot of ours. She was hesitant, because she'd never been to something like that before.

"Come on, it'll be fun," I told her. "It'll be relaxed—no pressure to win."

Well, it turns out that Jennifer was an absolute ace at pub trivia. She scored question after question! We were all amazed.

Jennifer revealed that she had watched a lot of Jeopardy starting from when she was a kid since her dad always had the show on. She had a great head for retaining information. She really knew a lot—way more than us!

Jennifer started going to pub trivia every week. She made a lot of new friends there, and she loved the atmosphere and camaraderie. And she won a lot of prizes!

Once she asked David if he wanted to come. He was totally impressed with how much she knew, and he loved how into it she was. Jennifer's favorite part, was being able to introduce her boyfriend to all of her new pub trivia

The goal of finding a hobby is not to be on the lookout for single men!

friends. She now had a great social circle and weekly activity to look forward to and call her own.

Jennifer never would have thought that a trivia game would be so important to her relationship! But her passion for pub trivia showed—and that’s incredibly sexy for a guy to see. She wasn’t so available all the time, which is crucial to keeping a guy interested, as we’ve discussed. And she felt happier, more confident, and more fulfilled in her own life.

All of those aspects compounded and became a magical ingredient for her happiness in every way imaginable.

How To Find A Hobby Of Your Own

Meet-up groups- The website meetup.com is a great way to find people in your area who are interested in just about everything, from rock climbing to opera to just meeting for cocktails. Start browsing and see what looks most exciting to you. People in meet-up groups also tend to be really friendly and open, so don’t be afraid to break in the circle and try something new. If you’ve never attended a Meetup before, here’s what to expect. You’ll arrive at a pre-determined location and be greeted by the event organizer. They will most likely hand you a name tag and point you in the direction to head off in. Since everyone with a nametag is there for the exact same reason, you’ve already got a built in ice-breaker ready to go.

Dance classes- There are so many dance classes available in all different styles, even for people who have never danced before. I have female friends who love salsa or swing dancing, ballet, African dance, Zumba, even pole dancing! Even if you don’t think of yourself as a “dancer,” there are plenty of classes for beginners that are a lot of fun, as well as a great way to stay fit.

Book clubs- If you like to read in your spare time, chances are you can find a book club with people who like to read the same kinds of things. Book clubs are a relaxed way to make friends and have great conversations. Think of them as a ready-made social circle.

Volunteering- Volunteering is so rewarding. There's really nothing better to change your perspective when you're down in the dumps. Volunteering at an animal shelter, after school program, clean-up day or anywhere else that interests you will add meaning to the way you spend your free time.

Sports and exercise- Exercising produces endorphins, that "feel good" hormone that people are referring to about when they talk about a "runner's high." It doesn't have to be running, though, or even a boring gym routine. Try something new, like a hot yoga class or slacklining, or challenging yourself with a workout regimen like CrossFit.

Music and art- Maybe you played an instrument as a kid, but haven't picked it up in ages. Or you've always wanted to learn how to draw. Learning or improving on an artistic skill is a challenge that merits the effort. Plus, with so many resources on the internet these days, you can learn a lot without spending a ton of money.

Nurturing a Long-term Relationship

You've found someone whom you love, and who loves you in return. Things seem good, and you can tell you're in it for the long haul.

But how do you really keep the relationship strong as the months and years progress?



Undeniable
PASSION

SECRETS TO MAKE YOUR MAN LOVE, DESIRE, AND CRAVE YOU

1. Remember the 3 Psychological Loopholes. Keep reminding him how much pleasure he gives you when you're intimate (**Psychological Loophole #1**). You have to keep this up, even when it seems like things are stable between you! So don't miss an opportunity to tell him how much you love what he does to you and how much you crave him.

Use his innate sense of competitiveness to your advantage (**Psychological Loophole #2**). Make him want to beat his last performance in bed by telling him how good it was. Next time around, he'll be inspired to do even better!

Use "yes theory" to reward him for saying yes (**Psychological Loophole #3**). This makes him associate you with the happiest experiences of his life—and want to have those feelings all the time.

2. Know how to nurture.

What you've learned in this course comes down to **how to be nurturing**, in a way that you probably hadn't thought of before.

When you previously thought of nurturing your man and your relationship, you might have thought about showing him a lot of attention, always being there for him, and generally being a caring woman.

I'm not saying there isn't a place for those things. But being nurturing also means showing your man a certain kind of attention, which is based on understanding what he likes and how he thinks.

Establishing a bond with your man that is continually refreshed through **seduction, satisfying sexual experiences, changing things up in the bedroom, and finding unique interests** that you can pursue as a couple and by yourself are all parts of nurturing a healthy relationship.



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3. Take things slow.

Don't try all of these techniques at once! We've given you a lot to work with, so take your time. Try one technique, give it a few days, and then try something else.

And don't assume that because something didn't work in the past, it's not going to work now. The right combination of these techniques, done at the right times, *will* get you results.

You have everything that you need to find a great guy, and to keep him by your side—for life. There's no reason that you have to feel lonely, discouraged, or afraid that your man could leave you at any minute. You have the power to make your man want you, and only you, for the rest of your lives. No matter where you are in your relationship, and how bad things may seem.

Just remember, if you want real change you're going to need to put in some effort. I don't want you to be one of those women who reads this books, acknowledges that all this information makes sense, and then never applies it. You absolutely **MUST** put it to use if you want to see improvements in your relationship.

Here's to your happiness and success. I hope you'll share your stories with me—I'll be waiting to hear them!

You have the power to make your man want you, and only you, for the rest of your lives.