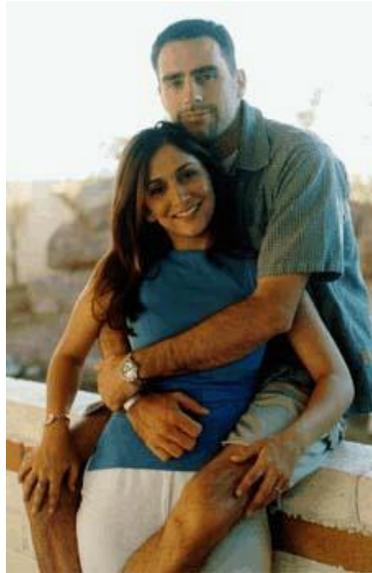


The Dating Resource Report

Compiled by Shawn Nelson, MSA

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Flirting 101: 10 Tips to Make



By Lisa Daily
www.stopgettingdumped.com

You don't have to look like Jennifer Anniston or Brad Pitt to make the guys (or girls) go gaga. All you need is your fabulous smile and a few surefire flirting tips like the ones you'll find below to attract the opposite sex like paparazzi to a movie star.

For women, the key is to look approachable enough for men to feel comfortable in taking a risk. For men, the secret is in showcasing your masculinity. (And no, that doesn't mean adjusting yourself or proving once and for all that you are the Belching King.)

1) Lock Eyes

Lock eyes with the person you're flirting with for a full five to six seconds, then smile and drop your gaze. Don't stare a hole through the guy's forehead for goodness sake, just give him a smoldering come-hither look and look away. Do this at least three times in a ten to fifteen-minute period. Why? Your target needs to know it's them you're flirting with, and eye contact is a universal signal of openness.

2) Smile

Smiling is absolutely the most effective tool in your flirting toolbox. Psychology and body language experts agree that one of the most important things you can do to make yourself more attractive (and approachable) is to smile. Not a giant plastic used car salesman smile, just your normal "I'm having a great time and I'm happy to be here" face will do the trick. According to body language expert Patti Wood, "the smile is the international signal of friendliness." Guys, if you lock eyes and smiles with a woman three or more times in an evening, you have received a clear signal that she's interested. Make your move, head on over and start up a conversation. If you don't, somebody else will.

3) Be a Vampire's Best Friend

One of the most winning flirting techniques a woman can use is the exposure of her neck. This can be done with a head tilt to one side, the classic hair flip, or my personal favorite, the over-the-shoulder glance - the asymmetrical position attracts attention, exposes your neck, and gives

you the opportunity to lock eyes. The over-the-shoulder move is extra-effective because it's sexy and it sends a signal to your target that they are worth a second look.

4) Preen Like A Peacock

We tend to preen or groom ourselves subconsciously when we're attracted to someone, by smoothing down our hair or clothes, checking our lipstick in a compact, or straightening a tie. Try combining a grooming gesture with a smile and a gaze. Another trick? Toss your hair to one side. This classic move is a double whammy that combines preening and a flash of neck. Need we say more?

5) Lip Service

Both men and women are subconsciously attracted to red, moist lips because they signal youth, sex and fertility. How to make the most of it? For women, try wearing a red lipstick (red has been shown to increase a man's heart rate), which not only gives your lips that youthful color, but also makes your smile more visible and your teeth whiter. A super-shiny lip gloss can also give you an advantage, making your lips look moist and kissable. For both men and women, try licking your lips (subtlety is key here, you don't want to look like you're trying out for a porno flick.) or biting your lower lip - both are extremely effective flirting behaviors.

6) Cross Your Legs (Women)

Crossing and uncrossing your legs is another surefire flirting technique, especially if you're wearing high heels. The act of crossing your legs is quite seductive to men, and it makes them desire to see more. Another key seduction trick is slipping your heel out of your shoe and dangling it on your toes. The arch of the foot sends a sexual message and mimics a woman's curves, and sends a man's heart racing.

7) Square Your Shoulders (Men)

Women are biologically attracted to more dominant men, so stand tall with your shoulders back. Feel free to take up some space. For men who are victims of the "nice guy" badge, or who appear to be too submissive to attract women, try taking your Y chromosome out for a spin. According to spatial psychologist Albert Mehrabian, men should "try wearing bulkier or more conservative hairstyles or clothing," hold your head up, and speed up your speech and gestures to be more assertive.

8) Let Your Feet Do The Talking

According to body language expert Wood, you want to make yourself a "safe" (read approachable) target. Wood says "to be very approachable women should stand with their feet no farther than 6 inches apart with toes pointed slightly inward. "

For men, appearing more dominant effectively draws female attention. To attract women, stand with your feet 6-10 inches apart, and your toes pointing outward.

9) Be a Mimic

People mirror each other's body language when they are attracted with similar gestures, voice volume, etc. Try subtly mimicking your flirting target's behavior. If she leans forward, you lean forward. If he scratches his head, you scratch your head. If you are mirroring someone's behavior, they'll begin to feel as though the two of you are connected and "in tune."

10) Focus, Focus, Focus.

Once you and your flirting target have started talking, use these tips to deepen the attraction. First, smile and maintain eye contact as they are speaking, and focus all of your attention on what they are saying. There is rarely anyone more attractive than someone who finds you utterly fascinating. Other key moves, the nod and the head tilt - signal you're listening to what the other person has to say. Smiling and laughing are crucial here - it's the quickest, easiest way to put another person at ease and make a connection. Finally, another effective flirting technique is low-level touching such as brushing the shoulder or elbow.

How to tell if a woman is flirting with you? Look for the signs above, especially extended eye contact, low-level touching and laughing.

How to tell if a guy is flirting with you? Again, the signs above are fantastic indicators, but men tend to take things a little further by demonstrating their social status with moves that can include, flashing cash and talking about their occupations and (you guessed it) cars.

About the Author:

Lisa Daily is a popular media guest and the author of [Stop Getting Dumped! All you need to know to make men fall madly in love with you and marry "The One" in 3 years or less](#). At bookstores everywhere. As seen in/on Cosmopolitan, Men's Health and Ricki Lake Get Lisa's FREE dating tips newsletter - chock-full of man-snagging techniques - at <http://www.stopgettingdumped.com>

Art of kissing single women on a first date



By Don Diebel
getgirls.com

At the end of a first date comes that awkward moment when you must decide if you want to kiss her or not.

Also, if you do kiss her it had better be good to make a favorable impression. It may not be fair, but some single women will judge you on your first kiss as to whether she would be attracted to you want to date you again. In other words, she must feel some chemistry when she kisses you.

If you are a lousy kisser, then you're going to be a failure at creating good chemistry between you and your date. Is chemistry important on a first date? You bet it is! And if you're a great kisser, you're going to turn her on and have an edge on the other guys that date her that are lousy kissers.

So, just exactly what makes a good kisser and kisses that single women that you go out with won't forget? The key is to be soft and gentle and follow her lead...that's all there is to it.

If you really want to turn her off and blow your chances for more romance and future dates with her, do these things:

- Drooling all over her mouth while kissing. Women don't like wet or sloppy kisses.
- While kissing, you keep your lips stiff and rigid. You've got to keep your lips soft and sensuous. She needs to be able to feel your lips. If they are hard as a rock it will feel like kissing a rock to her.
- Keeping your lips closed. Please guys, open your lips! Women don't enjoy kissing just a slit on a guys face.
- And most importantly, don't be stingy with your tongue. Give it to her and play tongue hockey with her. Let her suck on your tongue if that's what she likes. Whatever you do, don't try to gag her with your tongue. Just use it gently and don't try to stick it down her throat.
- If you don't know how to kiss properly, I would suggest practicing on the back of your hand. Pretend that you are kissing a hot & sexy beautiful woman that you're dying to become intimate with. You could also practice kissing yourself on the mirror.

In closing, if you really want to succeed with single women in the love and romance department, you must be a good kisser.

Shawn Nelson, MSA.

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Sex tips on how to make love to single women and become a better lover



By Don Diebel
getgirls.com

We do not intend for this report to be an abbreviated sex manual. Its purpose is to introduce you to some basic principles and philosophies of the sexual fulfillment of single women, and to encourage you to learn as much as you can about a single woman's sexual needs, wants, and desires.

We have compiled a list of tips about sex, but they are certainly not expected to fill your entire needs for sexual education. Entire books are devoted to the topic of female sexuality, there are sex manuals on the market, magazines have sections devoted to educating men in the art of making love. In other words, there is a lot of material available and we strongly suggest that you obtain some. And we recommend to see some X - rated movies. Though often poorly produced and acted, they are always quite educational in terms of technique, positions, and imagination.

But now to get your educational process started, we offer our tips:

TIP #1 Once a single woman has decided that she wants to sleep with you and once you have perceived that fact, then it is up to you to pick the proper time, place and mood for your first sexual encounter. Perhaps not just the first opportunity that affords itself, but the perfect time and place so she will always remember it.

TIP #2 Just like in everything else, it is important to lead the women through the sexual experience. Gently, but firmly, tell her or show her where you want her and what you want her to do. Make sure that through the whole experience you keep moving from one activity to the next. Never continue one activity so long that it interrupts the building of excitement towards intercourse itself.

TIP #3 The most difficult thing for most men is to have the patience to lead a woman through foreplay without giving in to his own sexual desires and enter into intercourse too soon. The emotional and sexual pleasure for the woman can be greatly increased by taking the time to bring her to her maximum level of arousal before intercourse begins.

TIP #4 During foreplay it is important that you are changing activities. Move up and down her body from her head to her toes. Change positions and activities before the old one becomes boring.

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TIP #5 The most effective thing a man can use to increase the pleasure a single woman gets from sexual experience is her anticipation. You can literally tempt a single woman with the anticipation of intercourse during foreplay. Of course, it is important that her desire continues to build - never letting the excitement of the experience die.

TIP #6 It is important to remember that single women enjoy the feeling they get from having good sex as much as they enjoy the sex itself. They want to feel loved, they want to be touched, and held. You must be infinitely aware of a single woman's desires and her pleasures. Your primary goal should be her sexual fulfillment. If your partner is fulfilled, your sexual satisfaction will be heightened.

This article is an excerpt from GetGirls.com's best-selling book, "[A Man's Guide to Women.](#)"

How to Overcome Your Shyness When Approaching Single Women in Nightclubs



By Don Diebel
getgirls.com

The following is a guide to use in overcoming your shyness with single women at nightclubs. Follow these steps and you can overcome your shyness and start picking up women instead of standing on the sidelines watching other men meet, approach, attract, pick up, and seduce women in nightclubs.

One of the biggest roadblocks to a shy man in picking up women is fear. Fear that he will be rejected, fear that he won't know what to say, and fear that he won't know how to act.

Believe me, there is nothing to fear but fear itself. Fear and anxiety will produce distinct psychological consequences and if there's anything that's going to hinder your success in picking up single women, it is going to be fear.

The fear of being rejected by a woman can paralyze your attempts to pick up women. Accept the fact that you're going to get rejected some of the time. Just because you get rejected by a woman it does not make you worthless. There can be many different reasons why a woman may not be interested in you at any given moment. Most of these reasons have little or nothing to do with you as a person. Being rejected by a woman is just a risk you will have to take and if you do get rejected by a woman, it's not the end of the world.

Keep this in mind if you get rejected by single women at a nightclub. No matter how many women are not interested in you, you must remember there are many other women at nightclubs, many of who would be delighted to know you.

To overcome these fears and pick up women, you have got to approach it like you would if you were going to jump in a cold ocean to go swimming. Hurl yourself into it. Take action!

You have got to practice at picking up single women. Sure, you'll get rejected a few times. We all do. So what if you get rejected. You may never see her again anyway. By practicing, you'll build up your confidence. Also, by accepting the fact that you're only practicing picking up women, the pressure to succeed won't be so great.

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Has this ever happen to you? You see this beautiful woman that you would love to meet, date, and have an intimate relationship with. You try to build up your nerve to approach her and you make up an excuse not to approach her like, "I'm too scared" or "I'm too nervous." Pondering, stalling, postponing, reconsidering, these are all delaying tactics that impede action. If you find yourself telling yourself these lies and making excuses, block them out of your mind immediately and take action and approach that woman right then and there. Don't waste any time or you'll see one woman after another walk right out of your life. Don't delay trying to pick up a woman or you might find yourself delaying all your life and depriving yourself of romance with hot & sexy single women.

Get rid of the idea that people are always watching you, sizing you up and evaluating you. The only people who do this are shy people who spend a lot of time fearing that they are being evaluated negatively. The reason you think you are being watched is because you do this to others.

The solution to breaking this habit is to stop judging and sizing people up and you will stop thinking that others are doing the same to you. Don't worry about people evaluating you unfavorably, because the reason for this is that they think they are better than you.

About the Author:

P.S. - This article written by Don Diebel (Americas #1 Singles Expert). If you would like more free dating tips on how to successfully meet, date, attract, and become intimate with women, please visit his website at: www.getgirls.com

The Fear of Dating



By Paul Mauchline
www.artofloving.com

The Do you remember the line from the movie, "When Harry Met Sally," in which soon-to-be-married Marie and Jess are lying in bed after consoling their friends, Harry and Sally? Marie turns to Jess and says, "Please tell me I will never have to be out there again!"

There is a good chance, if you are reading this article, that you and/or a close friend are back out there, again, in the dating arena. For many, the re-entry to meeting new people and dating is downright scary; it is the last thing they truly want to do. I am sure that most of us, at some point in our lives, have uttered a similar phrase to the one that Marie shared with Jess. It is unfortunate, today, that relationships end at such an alarming rate. These endings put us back in that place we all detest. Once again, we must force ourselves back out there to find that special, unique person with whom to share our love and our life.

Some of us have no problem returning to the dating scene. We feel it is like riding a bicycle: we never forget how to do it. Others, though, are left with unresolved hurts: self esteem issues and traumas from past relationships. Many feel, based on past experiences, that it is just not worth the effort: they are prepared to go it alone. Some may find themselves suddenly and surprisingly single, after having been in a very long-term relationship. Today it is not uncommon to find people single again after 10 - 25 years of being in a loving relationship.

Each day I meet single men and women. I hear the excuses of why they are not dating and trying to meet the one for them. Excuses like:

- I will never love again; my ex was the only one for me.
- I do not know how to do this dating thing.
- I have trouble meeting people.
- I am too old.
- I am not attractive anymore.
- I have children.
- My job is too demanding.
- I have no time.
- I will never trust someone again.
- I am not capable of loving.

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These are just a few of the excuses that come to my mind, right now: excuses that prevent people from re-entering the dating scene. One thing, though, I have learned in my life: life just is not as much fun when you are alone. At some point, after getting over the hurt from the last relationship -- and dealing with any past emotional baggage -- you need to get back into the saddle again, so to speak.

Dating and meeting new people should be a fun experience -- not a fearful one. Sure, we all have had the date from hell, but I am sure the nice experiences outweigh the occasional bad ones. In order to get back to dating, you have to remove your fears. This is your key to successfully making dating a fun experience. Should you have difficulties with your fears associated with dating, I would advise that you seek the counsel of a good friend who might have gone through the same thing, or consult a professional to help you overcome your fears. Overcoming fears requires work. So get out there, get the help, read the books, and search the Internet. Sites such as mine at <http://www.artofloving.com/> may help you on a course to extinguishing your fears.

You have finally worked up your courage to get out there. Now you ask yourself the question: Where do I begin? I cover this very topic in a number of articles in the Singles section of my web site. You might wish to use this as your starting point. For many of you, I have suggested that you begin within the safe confines of your home: simply use your personal computer and go online to one of the singles sites recommended here to get started. The technology of the Internet has opened so many new doors for singles to meet other singles. It is a great, safe way to slowly meet new friends and get back into dating.

You might say to yourself, "I am a loser if I use a service like this." No you are not! Thousands of people meet each hour using venues like this to find one another. Sure, there will be people you decide not to dialogue with. However, the same would be true no matter how and where you might choose to strike up a conversation with someone new. It can happen in the grocery store, a bar, a club, a school, the workplace, or, for that matter, in any range of public venues. These reputable singles sites have been around a long time. They provide an important, necessary service to connect people with one another. Just read the comments and testimonials on their site to rest your fears.

There are millions of single men and women out there, seeking friendship, dating, romance, and love on the Net. What a selection to choose from! It is all at your fingertips. Now all you have to do is lose your fears, put out the effort to meet new people, date, and have fun. Eventually, you will find the one for you.

Relationship Choices; Do We Have The Right Knowledge?



By Paul Mauchline
www.artofloving.com

You feel ready for a new relationship. You love yourself. You have dealt with childhood issues and those from past relationships. You are clear about the reasons for wanting a relationship. You are willing and able to put in the work that creating a committed, loving relationship requires. Now that you know you are ready, how do you find a partner who is the right person for a committed, loving relationship? How do you know he or she is, indeed, the one for you?

If you are in fact ready for a relationship, you should ask yourself the following questions upon meeting someone: "Are you (my potential partner) ready for a committed relationship?"... "Are you the one for me?"... Perhaps, more importantly, "Are you not the one for me?" According to divorce statistics, in over 50 percent of marriages, the answer of one or both partners is: "You are not the one for me." Hopefully, by making a careful choice up front, you will not become a statistic later on.

In evaluating the questions "Are you the one for me?" or "Are you not the one for me?" it is important to be honest with yourself and your potential partner. Both of you need to know what each wants out of life. Discuss your dreams, goals, lifestyles, hobbies, finances, religious and political beliefs, and desires for having children. Nowadays, many relationships end because partners allow the relationship to further develop without first discussing these topics. Truth and honesty are of the utmost importance in relationships. Lies-even subtle deception-cannot provide a solid foundation for a loving, committed relationship.

How do we decide whether someone is right or wrong for us? Your decision should be based, in part, on your expectations of a relationship. Identifying the right person with whom to build a relationship is difficult for so many of us.

We are often influenced by past experiences when choosing our partners. These past experiences, especially childhood ones, form mental moulds. They are shaped by early childhood memories, and one's relationship history with parents, siblings, and other family members. These moulds tell us about who we are, our assets and weaknesses, what we deserve, and what we should expect.

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As a child just beginning to learn about the world, you take every opportunity to do so. So, each time you witness an event as a child, you make a mental note of what you should learn from that type of experience. We learn about relationships between people from our parents' relationship, or from other relationships that we witness. We learn about ourselves from how others treat us; and we learn about the world from other's reactions to our actions. Eventually, we have a complete "how-to" guide for getting along in the world.

We take our guide with us into adulthood and use it to navigate through life. Because this guide is such an integral part of us-our inner child-we protect it at all cost. We seek experiences that confirm it. We avoid experiences that challenge it. We choose partners based on a childhood schema of "how relationships work," which we learnt from our parents. An extreme example of this type of selection is that of a child beaten by a parent.

In adulthood, that person is more likely to become involved in one or more abusive relationships. Although unhealthy, painful and potentially fatal, many are caught in this vicious cycle. Why? Because their how-to guides dictate "Men hurt women; women hurt men; or vice versa. I will get hurt if I stand up for myself. I don't deserve to be treated with dignity." For those who have suffered a lifetime of abuse, this is not a conscious choice; but it is deeply linked to their fundamental beliefs about relationship dynamics.

Many of us have found ourselves with partners who behave frighteningly like our parents, and that our actions often mirror those of a same-sex parent. Unconsciously, there is safety in familiarity. This is why we sometimes choose partners who are wrong for us, even when we consciously tell ourselves that we do not want to be in a relationship like that of our parents. Reshaping emotional moulds requires a thorough examination of childhood lessons, as well as their impact on one's adult life. When we are free of the denial surrounding our childhood lessons, we are on the road to leaving them behind. Healing childhood trauma, altering childhood messages, and changing old patterns is an ongoing and gradual process. The more changes one makes, the easier it is to build upon these changes; and the easier it is to identify whether someone is right or wrong for us.

Today, I understand the moulds and beliefs that were part of my growth to adulthood. I recognize how they influenced my adult decision-making processes and my relationships. Much of my acquired knowledge was wrong, which resulted in poor choices and unhappiness in my life. I have taken the time to examine these moulds and beliefs that were passed down to me. In all honesty, as a result of this examination, I have discarded about 95% of this inherited knowledge over the past several years.

There is an old expression, "Out with the old; in with the new." I have reshaped my own moulds and beliefs to better serve me. They allow me to make better choices for myself that are not based on the influences of others. Today, I express my true individuality-who I really am, and not whom others felt I should be. How wonderful it is to stand in front of a mirror and recognize your true reflection, instead of someone else's reflection.

I encourage everyone to honestly and thoroughly examine the moulds, beliefs, and knowledge that were passed down to you by others. Trust me, it is a painful process of questioning and

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cross-examining issues that have been with us our entire lives. This emotional housekeeping, unpleasant as it might be, will reveal many truths and confront one's many fears. It scared the living daylights out of me! My fears brought me to the early realization that; much of my own knowledge was a bunch of lies and rubbish. As a result, I replaced what was entirely wrong for me with a new set of beliefs and agreements by which to live. The same can happen for you, providing that you are prepared to work at it.

Embarking on this journey will allow you to make better choices that create more success, wealth, and happiness in your life. It will also facilitate recognizing the person with whom to share a rising, loving relationship.

About the Author:

The Art of Loving
"Bringing Love Into Your Life"
<http://www.artofloving.com>

"Your Information Resource For Advice On Love & Relationships" Articles on love, relationships, singles, couples, family, sex, intimacy, heart & soul, personal growth, self development, and more. Featuring internationally published, love & relationships writer & lecturer, Paul Mauchline. The Art of Loving also features the contributions of many guest writers, and authors each month.

Information on Art of Loving & Odyssey workshops & seminars, now held in Tamarindo, & San Jose, Costa Rica.

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