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Chapter One  
The Magnetic Woman: The Art of First Impressions

It has been reflected in countless variations throughout the history of the TV sitcom. - You've seen it in *The Flying Nun* with Sally Field, *That Girl* with Marlo Thomas, *Sex and the City* with Sarah Jessica Parker, even *Friends* with Jennifer Aniston, Courteney Cox, and Lisa Kudrow.

You know what I'm talking about—some girl or girls are fumbling and frolicking through sprinklers or parks or big cities, effortlessly ready to take on the world. These gals are full of charisma, clumsiness, charm, and a confidence that exudes from their skinny pores as they skip, splash, twirl, and laugh. They are having fun, they are infectious, and men are falling in love with them.

Come on now, give me a break. I mean, -let's be honest. -Doesn't all their charming adorableness just make you want to gag? Maybe, perhaps, just a little? If -you've just nodded your head, then, girlfriend, you have come to the right place. Because even though watching them may churn our stomachs, deep down we all feel a twinge of jealousy at their ability to effortlessly and completely attract men.

Well, I'm here to tell you that you have the same magnetic personality of these perky TV characters somewhere inside you, and I'm going to show you how to find it. You *have* to find it, or all the secrets I'm about to share about gaining that automatic second date will be wasted. You see, if you -can't attract a *first* date, there -won't be any second dates, forget about automatic. So with this book in hand, collapse into your most comfortable chair, snuggle up with a cozy blanket, and allow me to help you discover your own authentic, personal magnetism.

## You've Got It in You

You are about to learn how to compel any man to walk right on over and ask you out. Sound impossible? Not when -you've mastered the art of first impressions and tapped in to your magnetic self.

mag·net·ic

Possessing an extraordinary power or ability to attract  
<a *magnetic* personality><sup>1</sup>

Hey, I used to be that insecure, dateless girl. If *I* was able to push through my fear,

learn to laugh at all my clumsiness, and emerge as a magnetic woman, then so can you!

## **The Impact of First Impressions**

Becoming magnetic definitely includes etching that indelible mark on -another's mind when you first come into his presence. Those ever--important first impressions are made within seconds. Experts differ on the exact percentage of how much of that first impression is your body language, how much is your appearance, and how much is your audible communication. But what they do agree on is that -it's more about your body language and appearance than your actual words.

Cutting to the chase, people size you up the minute they see you, making a lasting assessment of your worth long before you even open your mouth. This assessment is based on your body language (stance, posture, expressions, and gestures) plus your appearance (hairstyle, clothing, physique, and perceived beauty). All these elements make up your overall nonverbal presentation. The assessments made in those first few seconds are rarely accurate, but they are believed to be true unless or until they are proven otherwise.

How's that for unfair pressure? -It's not that this is news to you, right? But hold on a minute—just because you -haven't graced the cover of a magazine -doesn't mean you -can't make memorable first impressions. No way, José. Inside of you right now is everything you need to transform your first impressions into magnetically positive memories.

## **Begin with Your Impression of You**

Change the way you see yourself, and -you'll change the way others see you. Your perception of *you* affects every part of your outward presentation, from the vibe you put out to the way you hold your head and shoulders—your overall stance. Your personal perception affects your choice in clothing, hairstyle, and makeup. Your view of you clearly affects your mood, which in turn affects your eating habits and your actions in every part of your day. Whew! -How's that for realizing the importance of a healthy self--image? So we start where it matters most.

In this first chapter -we'll focus on the inside; in the next chapter we cover the outside. Put them together, and -you'll have the whole package of a magnetic woman. Watch out world, here you come!

My uncle Darwin always says "You are what you think about most of the time." Proverbs says "As [a man] thinks in his heart, so is he."<sup>2</sup> I say, if you stop your stinkin' thinkin' -you'll become the one you were meant to be—your very best you. Everyone has personal magnetism; some of you are just allowing your magnetism to hide in a shell. If -you're one of those people, then -let's change things right now. You can and will master the art of first impressions by committing to take little, consistent steps to transform your

own perception of you, thus improving your presentation to the world each time you walk out the door.

I must say I'm impressed with you already. You believe you can change your present dating experience, or you would not have picked up this book. I am even more impressed because not only did you buy this book, you are actually reading it, which means you are willing to take the necessary steps to get the life you want. -You're not a dreamer. -You're a doer! Kudos to you! Believe me, things are about to happen!

Your gumption for change reveals the fact that there is a magnetic woman in you about to emerge. Keep reading, follow these tips, and soon you will actively possess the five major qualities of the magnetic woman. You will become *courageous, confident, compelling, covert, and charismatic!*

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