

Attract The Man You Want

**BUILD THE KIND OF DEEP ATTRACTION
THAT INSPIRES A MAN'S
LOVE, AFFECTION, AND COMMITMENT.**

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Hi, this is Helena, and I'm so happy you found me. I'm here to help you attract the right kind of man into your life – whether it's the man you're interested in, the man you're already with, or someone you're about to meet.

As a Certified Life and Relationship Coach with a master's degree in Psychology – and a Master Coach Teacher for Rori Raye – I understand the challenges of balancing the masculine energies I use in work with the feminine energies necessary for success in dating and relationships. Many years ago, before I turned my own love life around, I was investing all of my time and energy into one unavailable man after another – *in what always turned out to be one dead-end relationship after another.*

Before I turned everything around, I wasn't interested in the men who wanted to give me everything I dreamed of – love, affection, loyalty, and commitment – while men I REALLY wanted never took the relationship to the next level and always left me heartbroken – and even MORE hopeless and distrustful of men. I had to uncover my relationship patterns and deep fear of intimacy in order to figure out what I was doing that was blocking love and great

men from coming towards me. When I did this I was able to heal myself and turn things around very quickly – and in a way that was actually fun!

Once I started using the same tools I'll be teaching you, I was able to go from feeling anxious and insecure in relationships – and totally hopeless when it came to love – to feeling completely relaxed, confident, and secure. I started attracting all kinds of amazing men who were willing and able to have the kind of REAL relationship I was looking for! I was surprised to find that I simply became bored with the men who couldn't step up and “do the job” in a relationship – the very same men I'd been pining after before! I began attracting – AND being attracted to – the type of men who would do anything to be with me and move the relationship forward all on their own.

Love is all around us – and even though we say we'd give anything to have it – most of us are constantly and unconsciously pushing it away. No matter how much we think we know about men and relationships, *we're all held back in love by our past training*. We all have specific “systems” in place that chain us to our old patterns and old results. I want to help you take away all the things that are blocking love from coming towards you, and then give you the tools that will magnetize men to you and make it so they can't get enough of you!

What many women don't realize is, the lengths to which a man is going to go for you depends on *how much ATTRACTION he feels for you*. For a man, even deeper things like emotional connection and intimacy depend on the level of attraction he feels for a woman – and this isn't the kind of attraction that's based on physical appearance. As everyone knows (and I'm sure you've experienced), *physical attraction will only get you so far with a man*. Your looks may be what first gets a man's attention, but it's NOT what ultimately inspires his love, attention, affection, devotion, and commitment. The kind of deep attraction I'm talking about has to do with your *energy and vibe*. It has to do with *uncovering who you really are* – that's what's going to attract the right man for you.

One of the best ways to attract the man you want – or the man you're already with – is to make sure you're in your *feminine energy* when you're with him. That's why understanding the difference between masculine and feminine energy is crucial. Masculine energy is all about doing, thinking, planning, scheduling, and making decisions. Believe it or not, giving and nurturing are also masculine traits – they're about DOING. Most women today are working – they have careers or their own businesses, and they also may be raising kids. You're likely juggling a lot in your life, and in order to do that you have to use your masculine energy – and that's not a bad thing! Being in your masculine energy is fantastic any time you need to figure something out or get something done.

The problem happens when women use their masculine energy to *try to make something happen in dating and relationships* – or they're unable to decipher whether they're communicating from their masculine or feminine energy. Feminine energy is all about being, receiving, allowing, experiencing, and expressing. This work is NOT about squashing down your masculine energy – it's actually about *ramping up both* your masculine and feminine energies. You want to use your masculine energy in work and in your own life, and be in your feminine energy when you're with a man.

Most relationships or dating situations start out with the man feeling a strong attraction to the woman. But when a woman doesn't understand what's *really* attractive to men, she tends to give to men what's most important to HER. For example, when a woman gets sick, she might like it when someone takes care of her – but her man might like to be left alone when he's not feeling well. So if she's sick and he leaves her alone, he thinks he's giving her the space that HE would want – but she may be left feeling uncared for. Or, when he's sick, she might be doting on him because that's what SHE would want – but that might come across as smothering to him and end up pushing him away in that moment.

She may think she's being great partner and highly attractive when she does things like this – and then she feels confused, angry, or resentful when she doesn't

get the response she was hoping for. I see this happen over and over again in my clients, and I was doing this myself before I turned my love life around. Without the understanding of the way this kind of deep attraction works, many women say or do things that they THINK are going to attract a man – *but it ends up making them LESS attractive and pushes him away!*

Some of these things are so ingrained in us and we give to men what WE would like – and then we wonder why we don't get the response we were hoping for. That's the challenge of dating and relationships, and it's the benefit as well – because when understand more about how attraction works, you can also feel how much men adore you and want to be there for you – rather than misinterpreting their behaviors as though you're not important to them. Once you learn a new way to be around men, it WILL transform your love life – and the way you relate to all men in general. This isn't about strategy or manipulation, it's really the way we were set up to be. Learning about your feminine energy and how to use it to be the most attractive version of yourself is VERY powerful.

Another thing that can hold us back in love is that we all walk around with our experiences – which can sometimes include a lot of negative thoughts and beliefs about men. These negative thoughts and beliefs can be held in both our conscious and unconscious mind – and they often stem from how we were raised,

or from experiences we've had that have brought us to this point. When we walk around with those negative beliefs, we don't have our *full self* present – and we're often pushing men away without even realizing it. If you're irritated, frustrated, hurt, or angry with your man (or with all men in general), you may not feel like making a change in yourself. But if you can get out from under that, you have the possibility of re-attracting your man, reconnecting your relationship, or drawing in an amazing new man you never thought you could meet! When you start to make these small shifts, the response that you'll get will be HUGE!

For the purposes of this book, when I use the word “relationship” I’m referring to any man who’s right in front of you in that moment. If a man is standing in front of you, in that moment you’re *relating* to him. This could be the man you’ve been with for years, the man you just started dating, a male friend, or a man you’re just meeting for the first time. These tools work wonders if you’re in a relationship as well as if you’re single – in fact, if you can get these down BEFORE you get into a relationship, that’s going to give you a major advantage because you can start building attraction with a man *from first the moment you meet him* (rather than having to “undo” the damage that’s already been done). That’s why it’s important to practice these tools with every man you come into contact with, even if you’re not attracted to him. This will help you “build that

muscle” and make it much easier to build attraction and connect with a man when you’re with someone you ARE interested in!

Attraction Killers Vs. Attraction Builders:

Attraction Killers are things women often don't realize they're doing – but they end up pushing love and great men away by decreasing a man’s attraction to you – and they can be very damaging to a relationship. The damage may happen slowly over a period of time, *and it causes a man to pull away*. We do these things out of habit or out of lack of information – or sometimes our parents modeled it for us and we learned it that way.

Attraction Builders magnetize men to you and make it so they can’t get enough of you – and they help you *build intimacy* with a man every moment you’re with him. If you’re in a relationship, they allow you to safely connect with each other in a way that *brings him closer*. They help you end reoccurring conflict so that you can stop repeating old destructive relationship patterns and finally move ahead toward the life you want together. Attraction Builders help you work WITH each other's differences (rather than against them) so that both of you can be yourself with each other and live an authentic life together – so that you don't need to change or manipulate a man in order to get what you want in your love life.

“*Attract The Man You Want*” is a 79-page eBook PLUS over 90 minutes of audio recordings that describe the 15 biggest Attraction Killers and Attraction Builders in detail. You'll learn EXACTLY what it is you're doing that's pushing men away – and the specific steps to take to turn it around and become completely irresistible! “*Attract The Man You Want*” will show you how to captivate a man, connect with his heart, and build the kind of deep attraction that inspires his love, affection, and commitment.

“*Attract The Man You Want*” Will Teach You...

- ♥ The Dynamics Of Attraction And What Makes A Man Fall In Love
- ♥ How To Uncover Your Inner "Man-Magnet" To Attract High Quality Men (Or *Get MORE Love* From The Man You're Already With)
- ♥ Specific, Step-By-Step Tools That Will *Shift Your Vibe* And Make A Man ADDICTED To You
- ♥ How To Dramatically Increase Your Value In A Man's Eyes
- ♥ What To Do When A Man Withdraws To Get Him Moving *Towards You* Again
- ♥ How To Connect With A Man's Heart And *Build Intimacy* Every Moment You're With Him
- ♥ How To Create A *Sense Of Safety* With A Man So He WANTS To Open Up To You

♥ Specific Tools To Help You Get Out Of Obsession, Desperation, And Neediness In Dating And Relationships

♥ How To Handle Conflict In A Way That *Brings A Man CLOSER To You*

♥ How To Keep A Man's Energy Coming *Towards You* Throughout The Entire Relationship

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