

*5 Big Turnoffs
That Drive Men Away
and
7 Surefire Ways to
Make Men Want You*



By Ronnie Ann Ryan

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That Drive Men Away
and
7 Surefire Ways to
Make Men Want You**

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5 Big Turnoffs That Drive Men Away



If you have been out of the dating arena for a while, you may be rusty on some dating basics, which could create obstacles to your romantic success. A few items on the list may surprise you and others may seem obvious. But they are all deterrents to your love life and do drive men away quickly. First impressions count for everything and you don't get much time before someone formulates an opinion.

Think about the list below to see if you convey any of these messages or talk about these topics freely. If you answer yes, it could explain some of your unsatisfying dating experiences. Avoid these five things that drive men away and stop sabotaging your efforts!

Chapter 1: Fierce Independence

If you can take care of yourself, you are independent! Yeah! It's great to be able to rely completely on yourself. Yet believe it or not, most men want to help the woman they love. This desire to take care of you is not to keep you subservient, but helps them feel manly and relates to the basic masculine drive to "provide."

To appeal to his male ego, let him open the door, choose your date activity or restaurant, and pick up the check. That is a man's job. Yet many women rush to demonstrate their independence by picking up the check and taking care of things. That's not the right message! Of course you don't need a man. But if you want one, don't send him away by doing his job for him.

➤ To Avoid Overactive Independence:

There are so many things to share and talk about, why not keep your independence under your hat for a while? Don't act needy and he won't think of you that way. Be proud of your self-reliance, but don't brag about it to your date. You may risk turning off a promising guy who could misinterpret your message, thinking you don't respect what a man can bring to a relationship.

Chapter 2: Hyper Busyness

It's great to live an active, busy life with so much to do. You may have kids or older parents who need care. Perhaps you go to the gym, do volunteer work, or are active at church. But if you want to date, you will need to make time not only to meet men, but to date them too. In your first conversations, don't send the wrong message by saying you have SO MUCH TO DO, acting unsure about when you can fit him into your schedule. Ding, ding, ding! That's a big red flag which translates for him as, "She doesn't have time for me. I won't be special to her."

Men like to think they have a shot at being "king of the castle." Whether a man actually is or not doesn't matter as much as thinking he can be or making him feel like he is. The masculine ego is more fragile than ever now that men compete with us women every day in the workplace.

➤ To Avoid Appearing Too Busy:

Keep your hectic schedule to yourself and simply let him know when you are available. If he asks for a time when you are busy, don't say I can't. Respond with an alternative, "I'm busy that night, but I'm free Wednesday or Thursday."

Should you realize you don't have enough time to squeeze dating into your schedule, it may be time to rethink your priorities. If you want a man in your life, you will need to make time.

You can read more about making your love life a priority in Chapter 4 of my book *MANifesting Mr. Right*. Get your copy at www.MANifestingMrRight.com.

Chapter 3: Talking About Taboo Topics

During your first few conversations, both you and your prospective date are trying to assess if there is enough potential to move forward. You should be sharing points of interest about yourself and showing off your best side. You are trying to make a good impression. If done correctly, you will be drawing him in, making him curious and creating enough interest that he wants to know more.

When you talk about your ex-boyfriend or your ex-husband, you are bringing a third party to your date—and not a friendly one at that. You don't need a third wheel to accompany you. A date is for two people. When you discuss your ex or your kids, you are not focusing on yourself or your date.

The same thing applies to your dating experiences and trauma. A man you just met has no interest in how hard it's been for you or how many scoundrels you've met. He doesn't care that you are too open or not open enough or that men haven't been good to you. In fact, this is doing yourself such a disservice by shining a spotlight on your bad experience, which makes you seem far less desirable.

Think of these interactions like a casual job interview. If you were going for a new job, would you talk about how you didn't get along with your last boss or how many bad interviews you had? I doubt it. A savvy interviewee knows to put her best foot forward to discuss your good qualities and how you would be an asset to the company. Why would your first few conversations with a prospective life partner be any different?

My male dating coaching clients have complained to me often about women who use their first date as a therapy session! Can you imagine what that is like for a man? Now you are requiring him to empathize and listen to a woman he doesn't even know. That's really too much to ask. Get help from your friends or a therapist, but don't burden a prospective new date with such matters of the heart.

Finally, let me address the topic of your children. Any man worth his salt knows full well your kids will come first. This goes without saying and is as it should be. However, men want to know there is a chance they can come first too. A man needs to know he will be central in your life, just as you want to be central to his, right?

You wouldn't bring your kids on the date physically, so don't bring them conversationally either. Naturally if questions come up about your children, answer them. But don't go on about Timmy's baseball game or Nancy's artwork. You are not hiding the fact you have children; you are simply focusing on your date and getting to know him.

➤ To Avoid Taboo Topics:

Don't discuss your ex, your kids, or your dating experiences. Even if your date brings these topics up, answer his questions briefly and change the subject. Or you can say that you would rather talk about more pleasant topics and get to know him better. That will flatter him and make the conversational switch easy.

Chapter 4: Grilling Your Date

You are very busy and time is precious. But has it become so tight that you no longer have time for courtesy and the art of conversation? Think about a recent phone call with a prospective man or your last date? Did you have a list of items that needed to be covered?

It's understandable how you'd want to weed out undesirable men as quickly as possible. But your tactics may come across more like interrogation than conversation from your date's perspective. Don't chase a potentially good prospect away with rapid-fire personal questions that leave no room for civility or deviation.

Believe it or not, men are people too and many would rather not share intimate details until they get to know you better. Some topics are best addressed once a level of trust has been established. Maybe you can understand it better from this angle.

➤ To Avoid Grilling:

Relax and approach your first few conversations with the idea of just trying to connect. If you can enjoy the discussion, have a few laughs, and get to know your date, you might discover something you like about the guy. Plus, you reduce the risk of snap judgments that cut a perfectly good man out of picture prematurely. Save your grilling for steak or chicken!

Read more about conversational tips and first date suggestions in Chapter 18 of my book www.MANifestingMrRight.com.

Chapter 5: Working Against "The Chase"

Regardless of the equality men and women share in the work place, dating is not about equality. In fact, it's still an archaic mating ritual based in biology. This is the law of the jungle and the process has not changed yet. One you accept this fact and stop struggling against it, you have a chance to turn your dating karma around.

In order for a man to become invested in you, he has to try to win you over. That is what the chase is all about. If you make it too easy by doing his job, calling him, asking him out, and picking up the check, you risk everything! That's because while he may be curious or flattered, dating you will no longer be his idea. And you will not be the prize for his efforts to win you over. What's the fun of that for the competitive gender? Not much.

Rutgers University completed a sociological study called the Marriage Project which included interviews with young men 18-22 about dating habits. When asked if they liked aggressive women, the boys said, "Yes!" Turns out they thought when a girl asked a guy out, the chances were very strong it would be easy to get her into bed.

Yet, the guys who were asked out were less "lucky" than guys who did the asking. Why? Because the guys who were asked out did nothing to "woo" the girls. It made them lazy! They weren't invested in winning the girls over. And ultimately they admitted that they still prefer to have it be their own idea to ask women out. Oh yeah.

➤ **To Avoid Interfering with “The Chase”:**

Allow the man to lead during the first few dates. I know it's hard to let go of the chick in charge, but she has no place during the first few dates.

For a change, sit back and relax. Follow your date's lead. Just like ballroom dancing, you can only have one leader and one follower if you want to look like the folks on Dancing with the Stars.

You can read more about the unspoken rules of dating in Chapter 20 of my book which explains the Yin & Yang philosophy of dating. It will clear up many mysteries about the dating process. Download your copy at www.MANifestingMrRight.com.

7 Surefire Ways to Make Men Want You



Now that you know what to avoid, let's focus on how you can turn up your appeal to attract more men!

Chapter 1: Pampering

It's been said that a pampered woman is a happy woman. How true! The action of taking care of yourself is a way to honor yourself, which in turn builds self-esteem. Pampering includes getting a massage, taking a bubble bath, getting a manicure or pedicure, having a Reiki treatment, spreading some luxuriously scented cream on your skin nightly, etc.

You can choose any method you want to take care of yourself, but I highly recommend doing something on a regular basis. If you want to be spoiled by someone, start by spoiling yourself so you know what it's like.

Chapter 2: Update Your Look

Some women haven't changed hairstyles for more than a decade. If this describes your look, you're overdue for a change. The next time you are in the stylist's chair, ask them what would look good on you. Then go for it!

The same thing goes for your makeup. Ask a makeup artist for advice on how to apply the best colors and shaping for your face, skin type, and age. Look your very best with the help of professionals who can maximize your assets.

If you are a natural type who shuns makeup, then I suggest the "Magic Three." Apply mascara to lengthen your lashes and bring out your eyes. People connect emotionally through the eyes and eye contact is the start of flirting. Why not put on a quick coat to make yours more noticeable?

The other two pieces of the Magic Three are cheek and lip color. To portray that youthful glow, adding a bit of color on your face will warm up your look. Young skin naturally looks more vibrant. When you apply a bit of blush, you will look more vibrant. Same goes for lip color. You may not be a lipstick type of woman, but even Burt's Bees, a natural lip balm, comes with color tints now.

The Magic Three takes only two minutes but will perk up your look considerably. You deserve to look your best, so value yourself enough to enhance your features and natural beauty.

Chapter 3: Window Dressing

Many women have only two wardrobes: business and casual. To maximize your feminine appeal, you really need dating clothes too. What are dating clothes? Whatever you can put on to feel totally fabulous! The idea is to wear clothing that makes you feel alluring, feminine, and attractive, because 80% of your beauty is based on how you FEEL about yourself rather than how you look.

Go shopping if you need to but be sure you have at least three outfits that do the trick. Here are some tips to help you choose:

- ◆ Open necklines reveal your neck—the center of communication. Don't cover up this sensual area, which sends a message that you are not open, communicative, or expressive. Scoop necks, "v" necks, jewel, or even square necklines work. Stay clear of turtlenecks because turtles tend to hide in their shells—not the right signal to send!
- ◆ Accentuate your assets. If you have great legs, show them off with a skirt. A small waistline—wear belts. Sculpted arms—go sleeveless!
- ◆ Men notice your shoes and like toe cleavage (when the start of your toes show in a pump, strappy sandals, or heels.) You don't need to wear 4" spikes, but even a 2" tapered heel is sexier than flats or chunky-soled shoes.

Finally, let's talk about what's underneath. If your underwear drawer is filled with comfy cotton favorites, it's time to rethink your lingerie strategy. When I talk to dating coaching clients, sometimes they think the sexy underwear is in case they get "lucky." Well, that is possible of course.

But in truth, those lacy, colorful, fancy underthings are for you, babe. Put those dainties on and you will feel more alluring whether or not anyone ever sees them. It's your little secret and it will turn up the fire on your appeal. You don't need to be uncomfortable or wear thongs. There are plenty of sexy options that provide comfort, support and beauty.

Chapter 4: Turn on Your Love Light

There is a lot of new scientific research about attracting the opposite sex, as Dr. Laura Berman explained on Oprah in April '09. What attracts men? Things like voice pitch, facial geometry, and bio-chemical odors. Most of these items are not something which you can change.

However, you do have control over what I call your "Love Light," which is the signal you send out to the universe. When you are in touch with your sensuality and desirability, when you feel like an attractive woman whom men notice, you emit these energetic signals which men most pick up. Regardless of whether or not men know this consciously, they definitely respond.

How do you turn on your love light? Think of your desirability like a simmering pot on the stove. Put yourself on a very slow boil in your imagination as this relates to your sexual desire. Feel that simmering moving through your body. It's a scintillating, effervescence running through your veins, making you feel alive and desirable at the same time. When you can imagine and tap into this energy, you know you are emitting signals of being available, approachable, appealing, and feminine.

Turn on that love light and let your inner beauty and desirability shine forth for men to see. Notice how men respond to this energy and see how things shift for you. I think you'll be pleasantly surprised.

To learn more about turning on your love light and getting the right mindset for dating, read Chapter 9 in my book www.MANifestingMrRight.com.

In addition, you may find the ***I'm So Alluring*** audio program helpful for connecting with your inner Goddess, your appeal and desirability. Get it at www.NeverTooLate.biz/the-heart-mart.

Chapter 5: Flirt—Your Body's Talking

There are entire books written on body language, but for now I'm just going to share the basics for the purpose of flirting. Keep in mind that 93% of attraction is nonverbal, which is what makes this area extremely important for your success.

When you notice a man looking at you, don't turn away as quickly as you can. That's not good flirting! Instead, make brief eye contact (two or three seconds only) and smile before turning away gracefully. Studies show that once you share this connection three times, a man is more likely to approach you because he thinks you will be open to meeting him.

Believe it or not, men don't like to be rejected any more than you do. When you make eye contact and smile, you are demonstrating that you are friendly and approachable. What a great message to send if you are looking for love. The more men you talk to, the more other men (who are noticing you) will take the chance to meet you too. That is the power of flirting and how it builds on itself!

Other things that signify your approachability include playing with your hair, earrings, or necklace; smoothing your clothes with the palms of your hands; looking at someone over your shoulder; crossing your legs; or dangling a shoe off the top-crossed leg.

These actions may feel silly at first. But trust me, no one will know you feel silly—they will only see flirting gestures, which is what you want! Push out of your comfort zone and try these body language tips to meet more men!

On the other hand, there are definitely some body language moves you want to avoid. These moves will certainly send men away, so check to see if you are doing any of them:

- ◆ Crossing your arms
- ◆ Slumping and poor posture
- ◆ Keeping your head down or looking at the floor
- ◆ Scrutinizing someone
- ◆ Turning your head rapidly without smiling

Chapter 6: Be Inviting and Approachable

The very best way to meet new people is to be friendly! Shocking, huh? When you are a warm and friendly person, people feel automatically drawn to you. A friendly woman exudes confidence, which is a very magnetic quality.

Many of my dating coaching clients start out by explaining they don't find most men attractive or interesting. They want to save their friendliness and flirting for the right type of guys: the rare few who are truly worthy. Unfortunately, this is a strategy that practically guarantees your single status and won't help you achieve your goal of finding love.

You can't save your flirting skills and friendliness for the right guy because you won't get enough practice. You want to be really good at expressing warmth and being easy to approach, but how? How can that happen if you want to turn on this aspect of your personality on only occasionally? For the best results, incorporate these tips into your life so they become a natural part of the way you interact with people.

You never know who you'll meet or who those people know. You might meet a man who is too old, but he could have a son, nephew, or colleague who would be perfect. Or you may meet someone who could make new women friends. Most mid-life women could use a few new friends, especially single ones. There's nothing like a dating buddy to keep you motivated and drag you out there when you may want to hang back.

Plus, you never know who those women know, do you? That's how I met my husband—I met his sister first! After talking to her for 30 minutes, she asked if I was seeing anyone because she thought her brother would like me. She was right!

It's worth putting on a happy face for almost anyone you meet, because you just never know when that connection to "the one" will show up. Don't be overly discerning or you could miss those few magically opportunitities that are orchestrated for you from above.

Chapter 7: Please Drop the Ball

This is the title of my next book, *Please Drop the Ball*, which I am working on right now. The idea is that as women apply their business skills to dating, they get frustrated and angry about their results. Why? Because business skills do not motivate men to pursue you. Oh no, quite the contrary.

In fact, the quickest way to find out how interested a man is in you is to DO NOTHING. Of course you still have to flirt, praise a man for what he did that you appreciated and enjoyed, and thank him. But that's where it ends.

Your instincts may tell you to send him a thank you note the next day. Or call him to tell him how much fun you had. You also feel compelled to call if you haven't heard from him and want to get the ball rolling.

Stop right there. Do not pick up that ball. And if you are holding the ball, drop it in his court and walk away.

You want your date to pick up that ball because a man becomes invested in winning you over when it's his idea. He enjoys the chase—the idea of wooing and winning you over, which he cannot do if you pick up the ball.

Don't do his job for him. That is the fastest way to make a man lose interest.

Pursuit is the man's job. It's in his masculine nature and DNA. Even though you may have a deep yearning to chase, resist that urge! Your pursuit will not get you what you want.

Let him call you, ask you out, pick the place to meet, open the door, and pay. How else will you discover:

- ◆ When he would call?
- ◆ How long it would take him to call?
- ◆ What kind of places he likes to meet or eat?
- ◆ If he is chivalrous?
- ◆ If he is generous?
- ◆ What kind of things he will do to win you over?

The word dating is a contraction for Data Gathering. The point of the first few dates is to observe his behavior and collect enough data to decide if he is worthy of your time. Can you have a good conversation and understand and enjoy each other's sense of humor? And most important, does he treat you right?

Trust me on this one—you'll never know if you start mucking up the works by taking over pursuit. Drop the ball babe and let him work to win your heart.

What if he doesn't pick up the ball and call or ask you out? Well, you've learned something important there too. He is NOT THE RIGHT MAN FOR YOU.

Almost any well-adjusted man knows it's his job to pursue you. Don't waste your precious time on a man who needs prodding from you. My guess is that he won't make you happy in the long run. Men show their very best self on the first few dates. It never gets any better than that. If you don't see what you want at the beginning, you will never see it.

If you have trouble believing that finding love is possible, which causes you to pick up that ball, check out the ***I Believe audio program***. This highly innovative audio contains affirmational programs developed to strengthen your belief at the core level – in your subconscious mind where all manifesting begins. Get it at www.NeverTooLate.biz/the-heart-mart.

This Is Who I Am. Why Should I Change?



The last thing I want to address is why you should do any of these things. I've had a number of dating coaching clients who argue with me, "This is who I am. Take it or leave it. Why should I have to change?"

If you are looking to find a loving partner and your current dating strategies are not delivering the results you want, then you are the one who has to change. You may think that is unfair. I sympathize with you. But if you want things to be different, YOU have to take steps to make them different.

As personal development guru Anthony Robbins says, change happens in an instant. It simply requires a decision on your part and then the willingness to follow through. One thing I can totally guarantee is that no one who has made these changes and found love ever looked back to say, "What a waste of time that was." Everything you do to find the love will be worthwhile once you find the right man.

So, that's it. Dial up your desirability and dial down the chick-in-charge to turn your dating karma around. Connecting with the right man for you is completely and totally possible. I dated 30 men in 15 months to find my husband and married for the first time at 43. That's why I know deep in my heart that any woman who truly wants to find a loving partner and takes the steps needed to meet him can do it!

Flip the switch on, smile, and get out there. The man of your dreams is looking for you and can't wait to meet you.

Biography

Ronnie Ann Ryan, MBA, CCC, The Dating Coach, is a speaker, workshop leader, coach, and author of *MANifesting Mr. Right: It's Never Too Late to Find the Love You Want*. www.MANifestingMrRight.com The founder of It's Never Too Late for Love, she shares her proven dating strategies to inspire and build hope that regardless of age or romantic history, finding love is possible! Ronnie has worked with more than 1,500 people to successfully help them jumpstart or accelerate their search for love.

Ms. Ryan is a regular co-host of WNRI's radio show Networking Singles and has been featured on Fox News, ABC News, Sally Jesse Raphael Radio, MSN.com, and MORE.com as well as a variety of other print, broadcast, and Web articles in the U.S. and the UK.

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Learn more when you subscribe to Ronnie's monthly e-newsletter "Kiss & Tell," and read or subscribe to her blog www.After40DatingTips.com

Other Books and Audios by Ronnie Ann Ryan

The Book:

MANifesting Mr. Right: It's Never Too Late to Find the Love You Want www.MANifestingMrRight.com

Audio Programs:

www.nevertoolate.biz/the-heart-mart

I Believe: Affirmations to Attract Love Now

Three affirmational meditations of different lengths to strengthen your belief that finding love is possible for you.

I'm So Alluring

An empowering visualization to connect with your feminine allure and dial up your desirability.

How to Attract Love and Keep It with Feng Shui

A workshop on how to apply Feng Shui principles to your home to attract love and keep it.

10 Red Flags to Watch for When Dating Divorced Men

Discover the 10 things divorced men do that reveal their own dating agenda and what that means to you.

8 MANifesting Chants to Attract Love

Discover eight different chants to open your heart, let go of an ex, dial up your desirability, and attract the right man for you.

Top 10 Attitudes that Sabotage Dating Success and How to Turn Them Around

A discussion about the 10 most common attitudes that keep you single and how to change them to find the love you want.