

# The SOUL MATE Switch



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# Free Chapter Intro

From Rebecca Mercy

A long time ago, way before Vixen Daily was created, I was exactly how you are: a great person who deserved love but was simply unable to find the kind of relationship and love life I wanted.

What did I want? To have a great, happy relationship with a loving man, who could see inside me and truly understand me for the person I am. Sadly, it never seemed to work. The problem wasn't not being able to make a guy interested in me. The issue was my relationships didn't seem to last.

And even when I did end up in an official kind of partnership, deep down I felt powerless, like the guy was the one in control... as if there was some kind of expiration date on the relationship and I was walking on eggshells. If I accidentally said or did the wrong thing it'd trigger something inside him and he'd leave me.

Because of this, I wasn't able to be present in my relationships and actually have fun in them thanks to how scared I was that the relationship would crumble.

As if it couldn't get any worse, the man who I felt was "the one" ended up breaking up with me for another woman. And this woman somehow made him into the man I always knew he could be.

Except in our relationship he was emotionally withdrawn and difficult. He never made me feel safe. Despite knowing that he and I were together, I always felt like I was chasing him. I constantly felt like he was drifting farther and farther from me emotionally and that he was going to be gone at any moment. Except with the new

girl, he was attentive and magically started liking PDA. In a month, he was posting pictures of them on social media together, when in our situation he would barely even acknowledge that we were exclusive or official in any way.

Honestly, I didn't understand this at all back then. I was so nice to him, gave him so much affection and attention... why couldn't he be this way when he was with me? How come I wasn't deserving of the same kind of attention and loving treatment he showered onto her? What did she have that I didn't? Was she more attractive? More intelligent?

Nope. That isn't what it was.

The truth is something I didn't realize for a long time. The issue isn't that I wasn't deserving of his love. The issue was that I wasn't aware of the fact that I deserved to have a happy, healthy relationship. I was fine with letting him give me whatever tiny morsel of affection he felt like giving me. Because of this, morsels were all I received.

This wasn't my only experience with heartbreak. I dealt with a string of disappointment after disappointment. Each time I got heartbroken, I felt so powerless and unable to understand what was going wrong. I just wanted to have some kind of clarity into what I needed to do in order to find a healthy relationship with a man who would love me for me.

I felt so sad and alone and unsure of what to do. I would read tons and tons of relationship advice and endlessly search for an answer to my problems. But the sad truth was: no matter how much love advice I consumed, I never found the answers I was looking for.

What I wasn't aware of back then was one key truth about why men behave the way they do, an awareness that got rid of any confusion I had by finally allowing me to understand that men don't have to be so confusing. After that, my love life and relationships

were happy and natural. I began to tell all my friends about it and saw their love lives change also.

Spending so much time feeling pain because of one heartbreak after another created an intense need for me to make a guide for women to come to find complete clarity and get solutions to all problems in their love life. I'm not talking about generic, useless solutions. This is all BS-free and raw. These solutions get past any fluff and hit the core of the issue.

I teamed up with dating coach Nick Bastion in 2014 to launch Vixen Daily and within a few short months our readership on the site was growing.

After a while, we realized that while the articles were helping... they didn't give us enough space to work with to really help our readers get the answers they were looking for. That's when we realized that we had to write a book so that our readers could understand everything, and see the big picture from top to bottom.

And that's the story of how "The Soul Mate Switch: Make Him See You As 'The One' And Have The Relationship You've Always Wanted" was written!

Our goal in this book was to demonstrate exactly why the biggest relationship issues happen (sometimes over and over) and show exactly how to avoid them in the future. This book is designed to give you perspective on exactly how men see relationships, so that you can know how to get the relationship you've always wanted.

Enough explaining! I really hope you like this free chapter from our book.

# Chapter 1: Male Mind Reader

Earlier in this book I said that all men have a couple of secrets... Now we're going to talk about what they are. The first big secret is that they all want a solid, committed relationship with one special woman.

It might be hard to believe if your personal experience tells you otherwise but it's the truth.

They really *do* want to devote themselves to the one woman in their life they can't be without. They just sometimes need help realizing which woman that is.

Men's other secret is that they're also extremely vulnerable.

Yep, you read that right. Men are vulnerable. You wouldn't know it though because they're very good at hiding it.

They want to let that side out and give in to their emotions but they can't. They're blocked. They're not allowed to show that side of themselves.

And the sad thing is, a lot of women never get to see that side of their men. They never manage to crack through that shell and develop a deeper trust and intimacy in their relationship.

Their man never feels safe enough to open up his heart to them fully and reveal the things he keeps hidden from everyone all throughout his life.

It's not that he's harboring some deep, dark secret. He just doesn't feel safe opening up about his true feelings, his inner thoughts and most private dreams and desires.

The good news for you is that this program actually hijacks his heart and breaks through those barriers. It might sound a little violent or forceful, but I promise you it's not.

In fact, you can't get into a man's heart by being forceful or pounding at the locked doors to it. You have to do it gently and with trust.

But it *can* be done and it's not as difficult as you may believe. You simply have to know what you're doing. And understanding how your man thinks and feels is the first step to that.

Without understanding, no man will feel safe enough to open up to you. I'm sure you can imagine how difficult it is to open up to someone you don't trust or you feel doesn't have your best interest in mind.

A man would give his left arm to find a woman like that, the "one" he's meant to be with for life. The one woman who understands him and allows him to open up in a safe space of trust.

Let me ask you, how many times have you looked at a man and wished you could tell what he's thinking?

You look at him and wish with all your might that you could simply read his mind and get a sense of what's going on in there.

If only you could get him to talk to you and open up. If only you could get a tiny crack open so he would let you into his heart and his life.

But you're stuck on how to do that. You're on the outside looking in with no doorway. Even if you know that he loves you very much, it doesn't go any deeper than that.

You're not sharing the same level of intimacy that you were prepared for. *You* are comfortable opening up to him and revealing your innermost thoughts and feelings.



But you don't get the same from him. You've prompted and prodded in the past but to no avail. Nothing you say or do can crack through his emotional fortress.

Well, the real issue is that most women go about it completely wrong.

Now, I'm not blaming you or saying "it's all your fault". I'm simply stating a fact that most women just have no idea what they're doing with men.

That's ok though. A lot of men have zero clue about women. So it's pretty even on both sides. But my goal is to give you the knowledge you need to overcome that and connect with your man on a deeply intimate level.

No one wins in the game of ignorance. So we've got to get you up to speed on the *truth* about men and relationships.

## **Emotional Fortress**

**The real problem is women treating men like they're fellow women.**

Long story short, women and men are different. I don't think you need me to tell you this.

And while some differences might seem insignificant, they can have a greater impact, much like assuming a man will crack open about his emotions the way a woman will.

A lot of women who don't know any better will cajole and entice their man to open up to them. They play him with trust and the expectation that he will be safe in revealing his feelings.

And then they make the mistake of revealing what he tells them to their friends. They blab and spread what he said to their friends or other people.

Then, it gets back to their man and he clams up. If it's *really* bad, he breaks up with them. They've lost his trust and are unable to get it back.

They didn't know how vulnerable men are and what it takes to build that level of trust they need in order to open up and express their hidden thoughts and feelings.

This actually happened to a woman I knew who didn't know any better when trying to get her man to open up.

"Samantha" had a pretty good relationship with her boyfriend "Mark". They were your typical couple without any *major* problems.

But one thing Samantha couldn't get over was how emotionally distant and closed off Mark was.

She knew he loved her and he was affectionate. But he would never tell her what was on his mind or how he was feeling. If she pried any deeper, he would say "*that's all there is*".

As time went on, Samantha pried little by little as Mark slowly started to open up. They'd been together long enough that he was beginning to trust her with more and more of his hidden feelings.

Samantha was thrilled! He was finally opening up to her on a deeper level and sharing things with her that he's never told anyone else before.

Well, this newfound trust and intimacy didn't last long. Samantha was so thrilled at her progress in getting Mark to open up to her that she blabbed about it to her friends.

She was at lunch one day with some of her girlfriends and talked about how much Mark was opening up.

*"I always knew he had a hard time committing because of his parents' divorce when he was younger! He finally just admitted it to me. It was really sweet."*

Fast forward to the next week and word had gotten back to Mark. He found out that Samantha had told other people what he had said.

And he knew this because he had never talked to anyone else about how he felt about his parents' divorce.

The only explanation was that he had opened up to Samantha and she had betrayed his trust in her.

While *she* didn't see the significance of it, it meant everything to Mark. It broke his heart. It made him feel like he could never open up to her that way ever again.

He thought, *"If she's going to run off and tell people about this, when I was telling her something deeply personal, what else is she going to say? I can't trust her."*

And just like that, Samantha lost Mark. He couldn't trust that she wouldn't reveal anything else he ever said to her and he ended things.

All of that progress she had made in getting him to open up and be vulnerable with her was ruined. In one fell swoop, she had lost his trust and their relationship.

While she begged him to reconsider, he couldn't change his mind. Once you break that trust, it's extremely difficult, if not impossible to get it back.

And all because Samantha didn't understand this one, simple fact about men. But believe me, she learned a very painful lesson and never made that same mistake again.

The bottom line that you must keep in mind is that men are vulnerable and emotionally fragile at times.

I don't mean to make it sound like a man will break down and cry or anything, although that *is* possible. I'm simply saying that all men are taught to keep their emotions and feelings hidden.

Society and culture tells them to. It's not "manly" to wear your emotions on your sleeve. It's not "manly" to cry over something. It's not "manly" to get all mushy and sentimental.

Those are, for lack of a better term, "feminine emotions". Even though men sometimes feel the same things, they're not given permission by society to express them.

**They have to maintain an image of toughness and strength.**

Furthermore, men want to win with you, especially when a man locks his eyes on his dream woman, he will do everything within his power to ensure that she is by his side forever.

He's not going to jeopardize that by breaking down and crying in front of you. In fact, I know some women who would even mock a man for doing that.

I've known some ball-busting women who will actually belittle a man for not living up to this idea of a perfect and tough man who has his emotions under control.

For every group of women who want their man to open up more, there's one that will tear him down for it. And for the most part, men have no idea which one of those women they're dealing with.

So it's easier to play it on the safe side and keep their emotions reigned in rather than risk losing your respect because they cracked a little bit.

You have to understand this about men and it will go a long way towards building your man's trust in you to open up more.

You want him to open up more and show his vulnerable side and he doesn't want to appear to be a crybaby loser in your eyes. So how do you go about solving this problem?

**I've already mentioned to the key: trust. You have to build that level of trust with him and let him know that whatever he says to you remains safe.**

You don't want to end up like Samantha and lose your relationship over one careless slip of the tongue.

Is it really worth it to lose your man and your relationship over a piece of gossip or revealing a secret that isn't yours to share?

## **The Language Of Men**

**The other thing you must understand about men is that they speak through their actions.** They tend to focus less on the words coming out of their mouth than on what they're actually doing.

This is one of those major differences between men and women that can either make or break your relationship and love life.

On the one hand, women are great communicators. Bonding and trust are built through talking, sharing, and even consoling each other and sympathizing with problems. I don't think many people will argue with that fact.

If something comes up or a woman can't keep her word, she can generally talk through it with another woman. There's a level of understanding there between them.

On the other hand, a man's word is his bond because his actions and follow-through show that he is trustworthy and dependable. He can't talk his way out of a situation.

It's simply engrained in him that his actions matter. If he says he will do something, he has to do it. Otherwise he will lose respect and standing in the eyes of his peers and especially women.

A man who doesn't follow through on his word will be branded with a bad reputation of being unreliable, selfish, and even shady. He says one thing but does another.

Men don't feel comfortable being seen like that. The vast majority of men want to be seen as upstanding, good guys. It's just how they're wired.

But that's part of being a man in modern society. Men have a genetic makeup that is specific to their gender. Women also have their own quirks specific to them.

And society has a way of building up and supporting a lot of those ideals. You see it in advertising, in movies where men and women interact with each other, hear it in song lyrics.

In fact, it's these differences and stereotypes that Hollywood relies on for a lot of its romantic comedies. Hilarity ensues when men are "behaving like typical men" and women are "behaving like typical women".

The point that I'm getting to all of this is that men generally say what they mean and mean what they say. They aren't trying to trick you, lie to you, or otherwise play mind games with you.

I know a lot of women complain about getting "mixed signals" from men and being confused but that's not what's really going on.

Men honestly don't have the time or desire to play games. They're pretty straight-forward.

They either like you or they don't. They like grilling steak or they prefer takeout. They like football more than basketball or vice versa. They're not trying to jerk you around or drive you crazy.

Yeah, there are some men out there who are just jerks and will lie in order to sleep with you. But they're not as common as you may think and you can spot them by watching their actions.

If a guy follows through on what he says he will do, he's probably a keeper. If he says one thing and blows you off or his actions tell you something different, you probably want to steer clear.

You can generally get a feel for a man's intentions with you simply by watching his actions. That doesn't mean you play detective and analyze every little thing he does.

Just look at the overall, big picture of the situation. What do his actions tell you? Take your answer and go from there.

A woman named "Martha" came to me one day, frantically looking for an answer to the question, *"Why is the guy I like manipulating me?"*

I asked her what she meant by that and she went on to explain that he was pretending to be "busy" but explained that she knew he wasn't really busy.

She thought he was lying to her, saying he was busy just to make her want him more.

She kept creating these scenarios in her mind and trying to connect situations and "clues" that had no real relevance to each other.

It gave her anxiety which in turn made her cause problems with him by constantly bringing up problems. She would play detective and try to trap him in a lie or flat out say that he was lying to her and trying to manipulate her.

She would accuse him of doing things he wasn't doing.

Finally, one day he decided he couldn't take it. He said, *"I can't deal with this anymore. All you do is accuse me of things and it's not something I want in my life. I've been honest with you from the very first day about my lifestyle but if you can't accept that then I don't have time for this."*

I explained to Martha that the only way to get him back is to stop trying to string a bunch of "clues" together and "uncover" his secret plot to manipulate her and play games with her mind and feelings.

**Men are not master manipulators, which Martha finally realized after she stopped to take a step back and look at the big picture.**

She stopped trying to de-code his behavior and accepted what he said without looking at him with suspicious or digging for a hidden agenda.

She even made it a point to be positive and actually have *fun* when they were together instead of accusing, blaming, and shaming him. It made him rethink his decision to walk away.

If she was willing to stop accusing him of things and being suspicious all the time, he could give her a second chance.

The result? He asked her to be his girlfriend after 2 weeks of this change.

**There's no trickery going on and they see no reason to waste time playing games or fooling someone. What is the point to that?**

So as much as you may wish that you had the power to read minds and peek into a man's thoughts, you actually already have all the tools you need.



Men are not that complicated. Really. It only feels that way because you don't understand what makes them tick. You don't understand what's going on below the surface that makes them act the way they do.

A general rule of thumb is that men say what they mean and they mean what they say. Unless of course you're trying to trap them.

I'm sure you're familiar with the example of a woman asking a man, *"Does this new dress make me look fat?"* Trick question!

Because she doesn't want an honest answer and even if she did, her man knows better than to speak the truth. He may be head over heels in love with her but know that she wants to lose 10lbs.

He may not think she looks "fat" but he knows that she thinks she looks that way. However, he's not going to risk speaking the truth. It's a trap.

He's going to say that she looks great which, in all honesty, he believes to be true. He *does* think she looks great or else he wouldn't be with her.

So there are these occasions where he doesn't mean *exactly* what he says but in his mind it's for the greater good. By telling one small white lie or omitting a bit of the truth, he's still being honest but without falling into a trap.

## **Why Do Men Lie?**

The next question you may have then is why do men lie? And I'm not talking about simply answering about a dress you're trying on. I mean in a general sense where they have the option to tell the truth but they don't.

Why do men lie? It's a question that has plagued women for ages and yet, no one has the real answer.

Bitter women will answer that all men are pigs, or dogs, or that they're incapable of the truth. These women believe that all men just want to sleep around and lie to women in order to get away with it.

With an attitude like that, no wonder these women remain single! No man wants to feel like the enemy and be lumped in with every other man on the planet for a crime he didn't commit.

**The simple answer is that men lie in order to keep the relationship on an even keel. It sounds like a cop-out but let me explain.**

I mentioned earlier that men simply want to win with you. They want to feel good about what they're doing with you and succeed in pleasing you. It's especially true for the woman of their dreams, "the one".

Your man wants to please you and keep you happy but that sometimes requires a little bit of lying in the form of a "little white lie".

When a man has the option to tell the truth and he's not sure how you'll react, he will sometimes choose to omit or limit the truth. He's afraid you will "go off the deep end", for lack of a better term.

And I'm not trying to make women out to be emotional volcanoes that will erupt at a moment's notice. I'm not here to start gender wars or anything. I'm not about that.

It comes down to the fact that men are not equipped to handle emotional extremes. They keep their feelings and emotions hidden, remember?

They're not used to dealing with intense feelings and swinging between them because they rarely ever do. It's not in their nature.

On the other hand, women have the luxury of being very fluid in their feelings. You could start off with a great morning and by lunchtime you're a raging, stressed-out monster. Then by the time you're heading home, everything is back to normal.

Your day can wildly fluctuate from one extreme to the next. Men stay pretty even on the emotional scale. They don't fluctuate all that much.

And one way isn't better or worse than the other. It's simply one of those differences between men and women. It's how we're all wired.

**So when they're confronted by extreme emotion, they tend to shut down. They don't always know how to deal with it or how to react appropriately.**

That's why men hate seeing crying women. Not only do they not want to be the cause of it, but they're viscerally disturbed by it. They don't know what to do.

They want to fix things and they attempt to but it's not always right. Therefore, if they can avoid triggering the crying in the first place, they will do what they can.

And this sometimes involves lying a bit. Even though you see it as bad thing, a man will see it as a necessary evil. He's not intending to hurt you. In fact, his intentions are to *avoid* hurting you.

**So he chooses the lesser of the two evils. Lie to you and let you live in blissful ignorance, or tell the truth and hurt you, causing a flood of emotions that he then has to attempt to fix.**

I'm sure you're sitting there thinking, *"Well if he would just be honest, I would appreciate that more. I'm not going to blow up at him."*

That's great and all but he doesn't necessarily know that. He's not sure which emotional extreme the truth will send you to.

And furthermore, telling the truth might work one time and it makes you erupt the next time.

He doesn't know. So he tells a little white lie in order to take a detour around the whole situation. That way he can carry on and continue down the road to making you happy.

As I said, he's not intentionally trying to be sneaky or hurt you. For the most part, men are good, upstanding people. They don't spend their day plotting how to emotionally hurt women.

You might run into a bad apple here and there but don't let that taint your perception of men. Not every man is the same. You might just have had bad luck in the past picking the duds.

But not to worry, by the time you complete this course, you'll be able to spot a quality man from a mile away.

Getting back to the subject at hand, men do not endeavor to lie to you. They're not out sneaking around thinking, *"Yes, yes, this will be a great opportunity to weave an even bigger web of lies. She'll have NO idea! Mwuahaha."*

Yeah, it's a silly picture but unfortunately a lot of bitter women out there perpetuate the idea that this is all that men do with their day.

The truth is that they would prefer not to lie and the body and mind actually actively reject lies. When we tell a lie, man or woman, we subconsciously want to throw it away.

That's why we have lie detection techniques and there are certain forms of body language that can point to when someone is lying.

Now, I don't mean for you to run off and analyze every little movement a man makes to see if he's telling the truth. I'm just

illustrating the point that we generally don't *want* to lie and physiologically it's kind of difficult to.

Something is always giving us away but the vast majority of people can't always tell. This doesn't mean you need to go and play detective with your man though.

**Just understand and accept the fact that men do and will lie sometimes for what they perceive to be the greater good of the relationship.**

Unless you're dating a sociopath, your man will tell a little lie here and there.

For example, if you find your man looking at another woman. Let's say you're sitting outside at a coffee shop just talking and relaxing.

Then you catch your man staring at an attractive woman down the block. You call him out on it and he claims he was looking at the man next to her wearing a funny-looking hat.

You don't buy it and an argument ensues wherein you accuse your man of looking at other women and fantasizing about them.

This is a problem that so many women have because they don't know any better. Allow me to break it down for you though.

Your man was probably staring at that woman whether he was aware of it or not. Men are hardwired to notice movement. It goes back to centuries ago when they had to hunt for food.

Any movement will catch his eye. It may be a stray cat running across the road or a beautiful woman crossing his path. He will look at *everything*.

You only notice when he's looking at other women though which is understandable. You may have had a past of men leaving you for someone else and you're fearful that it will happen again.

However, in his mind, he's not thinking that way. He doesn't see it the way you do. He doesn't see the other woman as a possible candidate to jump ship over to.

**Just because he sees and looks at another attractive woman, that doesn't mean he's plotting to cheat on you with her.**

How would that scenario even play out? He'll excuse himself to use the bathroom and then sneak out a back service door and chase her down the street.

Then he'll hit on her, get her number, and she'll agree to meet up with him later for a little romp in the sheets.

Sounds absurd, doesn't it? Let's put you in this woman's shoes. A man approaches you on the street. He says he finds you beautiful and would like to get together with you later.

You may be flattered or you may even exchange numbers if you find him attractive, charming, and you feel a spark.

But you're probably not plotting in your head how much fun the two of you will have in a hotel room while he's got a girlfriend waiting back home.

It just doesn't happen like this. He's not going to run after any and every attractive woman you catch him staring at.

In fact, he's most likely not even aware that he's doing it 99% of the time. He's spaced out and his eye is instinctively tracking movement. He's not *actively* looking for women to focus on just to piss you off.

It seriously means *nothing* for him to look. He's not even aware of what he's doing until you snap at him and he looks at you to see anger on your face.

So he tells you he wasn't looking at her because he can't explain himself. He can't say to you, *"Honey, my eyes focus on everything. It's part of my biological makeup. I find her attractive but I'm not planning on pursuing her. I love you. You are the woman I am with."*

Instead, he tells you a little white lie that he's hoping you will buy so that you can both move on to better things. In the grand scheme of things, it's not that big of a deal.

Women are just as guilty of telling little white lies to their men. That's not an excuse but a simple fact that men are not the enemy. Women do the same thing.

If your man decides to shave his head because he hates his growing bald spot, you might lie and say he looks good. Meanwhile, you actually prefer him to have hair regardless of any little bald spot he might have.

But you know that it's a sore spot for him and if shaving his head makes him happy, you'll go along with it rather than rock the boat.

Now, I know that you still want more honesty out of him. It's understandable, especially if you're going to be life partners and love each other till death do you part.

There is a way to encourage honesty in him without pushing or tricking. When you do it right, it can develop into a deep level of trust between you and create an intimacy so rare that nothing can break you apart.

**A simple way to encourage your man to tell you the truth more is to not freak out when he does. You might not *like* the truth and what he has to say, but you don't blow up over it.**

You don't get angry and start yelling at him. You don't berate him for it or lecture him on how wrong he is and what a mistake he's made.

When you don't react in the extreme, he learns to trust you and feel safe opening up with the truth. He's scared to at first just like any other man. But you can show him over time that he has nothing to fear.

That's the great barrier that is keeping him in the habit of telling little lies. He doesn't want to rock the boat. So show him that the boat is anchored solid and isn't going to capsize when he tells the truth.

To make him feel even more secure in telling you the truth, you can reward him for it so that he knows he's doing the right thing.

Tell him, *"I appreciate you being honest with me. Thank you."*

**Showing him that you appreciate it and accept it is a great way to let him know that honesty is the best policy. He doesn't have to fear telling you the truth.**

Even though you may not like it, you're not going to explode on him for it. This doesn't mean you have to be a doormat and roll over every time he confesses to something you're not pleased about.

However, you can tackle your issues like an adult. If something displeases you, you can bring it up to him in a calm manner that doesn't set off alarms in his head.

On the other hand, if you start freaking out at him, he'll go back to lying in order to avoid it. And that's obviously not what you want.

Why build that trust for him to tell you the truth only to destroy it all and accidentally encourage him to start lying?



If you want to connect with your man and have an unbreakable bond, you need to respect the keys of communication.

## **Keys To Conversation**

There's a certain way to speak to a man that allows you both to connect on a much deeper level. Most people (men and women alike) aren't aware of this.

You probably assume that if you both speak the same language, English in the case of this book, that you should be able to understand each other.

However, you're ignoring the basic differences between men and women that decide whether a conversation stays on the surface or if you feel like you "get" each other.

There are certain things that women do that typically block healthy and successful communication with men. We're going to go over them so that you know if and when you're committing any of these errors and how to stop.

If you want an honest conversation with your man and to be able to develop that deep level of intimacy where you share everything, you have to be willing to see the error of your ways.

And that's not to say that your man is a perfect communicator. But you can lead by example. By gently showing him how to communicate with you, you can learn to understand each other better.

The first of these mistakes is nagging him. I'm sure you're familiar with the idea of an old housewife getting after her husband about all the little chores he's ignoring.

She nags him to take out the trash, take his medication, stop eating so much bacon, make sure the car has gas in it, etc, etc. The nagging never stops.

It may slow down for a bit but it never really stops. And then the poor guy starts tuning her out. He stops listening which only makes her nag more because she can tell her words aren't getting through to him.

Listen, no amount of nagging is going to change a man's behavior.

They're like mules. They can be stubborn, especially when they're pushed. If you try and force a mule to walk somewhere, it will dig its heels in.

On the other hand, if you speak to it gently and coax it along with a soft attitude, it will be much more willing to follow you where you want it to go.

**Men are the same way. They don't respond to force. At least, they don't respond favorably and in the way you want them to.**

Force and nagging will never get a man to do something. It's like the buzzing of bees in his ear when a man is getting nagged at. It's obnoxious and he sees no purpose to it.

In his mind, if you really wanted something, all you have to do is ask nicely.

For example, let's say you want him to take out the trash. You might ask him to do it and he forgets. Then you remind him again telling him that you can't live in a filthy house with trash overflowing.

In *your* mind, you're simply reminding him of a chore he forgot. What *he* hears is that you think he's a lazy slob who doesn't mind living in a house with overflowing trash.

That little addition to your request computes differently in his mind. He sees it as nagging when you could've simply said, "Hey, honey, can you please take out the trash?"

If you're asking him again, he'll realize he forgot. He's already going to feel a slight twinge of guilt at failing at a task. He doesn't need you to heap on insults about living in a dump.

All you have to do is ask nicely and gently remind him if he forgets.

**Another big mistake that will turn off any man and make him run for the hills is constant complaining or being negative.**

It's a really unattractive trait in anyone but men find it especially grating in women. They want to be around happy women who light up their life.

The whole point of being with that one special woman is that she lights up his life and makes it worth living. It's not much of a deal if she makes him miserable and drags him down with her negativity.

No one wants to be around a miserable person. And I'm talking about an attitude of complaining that happens more often than not.

Of course we all need to let off steam now and then. It's a liberating release to get things off our chest and complain once in a while.

But if you want to deeply hook your dream man, you've got to reel it in if you notice that you do it a lot.

If everything sets you off from the way your latte has too much foam to how slow the traffic is going, you're going to have to get those complaints under control.

Find a way to release that frustration so that it's not eating you up inside and coming out through your words and actions to scare men off.

You will *never* have the man of your dreams head over heels in love with you if you have a bad attitude.

You could be the most gorgeous woman in the world but no man will stick around to hear you complain about every little thing in life.

**The problem with complaints is that men never feel like they can live up to what you want.**

Men want to please you. Your dream man wants to be the one to put a smile on your face and make *your* dreams come true.

If you're constantly complaining and everything makes you unhappy, he starts to doubt his ability to keep up.

He doesn't want to waste his time trying if everything is just going to be a disappointment to you.

It's an exercise in futility and he will walk away. He wants to make you happy but he's not going to set himself up for an uphill battle.

The next time you find yourself opening your mouth to complain, stop for a second and think about something *positive* you can say instead.

You will forget and you will mess up from time to time but the more you become conscious of what you're actually saying, the more you can get a grip on any negativity you're putting out there.

A man wants to be with that one special, prize woman. You cannot be that woman if you've got a negative attitude. Prize women do not complain about everything and spew negativity.

**One more bad behavior you need to cut out is shaming. This goes hand in hand with nagging because a lot of women resort to shaming their men when nagging doesn't seem to work.**

They think that shaming their men in public or in front of other people will get them to change their behavior. This couldn't be

further from the truth and will actually have the opposite reaction you were hoping for.

Shaming is just another form of forcing your man to bend to your will. It's still the same as forcing a mule to walk where it doesn't want to go.

It's an ineffective method and yet women still try it over and over. It might work the first time so they think it's a practical method to get their man to take action.

However, he only concedes the first time to make it stop. He doesn't like it and it makes him feel like a failure. It's making him miserable and if it continues, he will walk away from the relationship.

With enough nagging and shaming, any man will leave a relationship that is otherwise good. Instead of communicating her wants and needs in a good way, the woman in his life is driving him away with negativity.

Now, the obvious way to avoid this happening to you is to stomp out these bad behaviors. Cut out any complaining, nagging, shaming, or blaming that you're doing.

This is a great start and I think *everyone* is guilty of these from time to time. No one is perfect. I know I can slip into negative territory at times.

But the key is to become aware of what you're doing.

**Everything that comes out of your mouth is either contributing to building a stronger relationship or it's working to tear it down and chip away at it bit by bit.**

Another key to conversation is to be positive. It's a way to stand out and make the man of your dreams see that you are a cut above the rest.

As I said before, men want to be around happy women. They enjoy your presence, your light, and your love. They can't help but want to be around that.

All it takes is that one special woman to light up a room and make a man fall in love. When he knows that he *has* to have her in his life because he can recognize how special she is.

*You* can be that woman and part of that is having a happy and friendly personality. When you communicate, you focus on the positives and promoting what you love instead of tearing others down.

That positive energy will act like a magnet to draw in the man of your dreams. He will feel compelled to be with you because you make his life worth living.

You are so positive and uplifting that his life would be bleak and miserable without you now that he's had a taste of what being with you is like.

## Free Chapter Outro

From Rebecca

Did you enjoy what you just read? Good news – there's a lot more where that came from, four more whole chapters, plus a life-changing introduction, bonus content, and some parting words that put your relationship troubles in the past and put you firmly into an amazing and wonderful future, where you'll easily be able to have the love you've always wanted.

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The truth of why you signed up for this mailing list and read through this free chapter is because you want to really understand men and you want an amazing, love-filled, passionate relationship with the man who loves you like no other man ever could, who respects and adores you for who you really are. Plus, you want that kind of relationship without selling yourself out, or changing yourself into something women think men stereotypically want.

When you read the rest of the book, you'll discover:

- The real truth why he isn't committing to you (that he would never admit) and exactly how to make him say "yes" now.
- How to read any man's true intentions toward you and give him exactly what he needs.
- How to 'turn the tables' in any relationship, making even the most unappreciative man put in the effort you've always wanted...
- How to quickly and effortlessly meet "the one", and have him bending over backwards to win your heart.
- The 3 worst mistakes that cause even the most understanding man to pull away and end a relationship, and how to avoid

them forever so that you can have the relaxed, happy, secure relationship you've always wanted.

- The truth about what men want from a relationship (absolutely not the same thing that women want)
- You'll discover what men truly need but could never tell you, so that you can reach him on a deep level, even if he's pulling away, being distant, or you think it's too late...
- ...and just about everything you've ever wanted to know or been confused about when it comes to relationships and men.

When you read our entire book, you can have all that – plus so much more. You actually live the dream – you can be 100% true to yourself and keep an amazing man captivated by you.

We had two goals when we started this book:

- First, we wanted to give you the real answers about how men think so that you never had to bang your head into the wall trying to analyze what his words and behavior mean ever again
- Second, we want you to have what you truly deserve – an adoring, fulfilling relationship for both you and the man who loves you.

We write articles to provide the building blocks for a better relationship. With this book, we put all the blocks together to build the full vision of exactly how to have the relationship you've always wanted, as quickly as possible.

And the most exciting part is this: it's really not complicated to get it.

Once you really understand what's going on inside men's heads, you will instantly see where you went wrong in the past, and you'll know exactly what to do in the future to get a man and keep him effortlessly captivated by you, without having to stress, worry,



doubt him, or spend agonizing hours endlessly analyzing something he said or did with your girlfriends.

After you read the full book, everything confusing and difficult about relationships right now will become clear to you – and you'll know exactly where things went wrong in the past that left you heartbroken. You'll find a newfound confidence in yourself as just how much you personally have to offer becomes completely clear, and the way towards everything you've wanted in life (and relationships) becomes obvious to you.

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Don't just take my word for it, check out these reviews from women who have read the book...

### **Reader Reviews:**

I just had to write and tell you I flat out loved your book – I told my friend it's worth its weight in gold. Anyone who reads Nick and Rebecca on Vixen who hasn't bought this book is missing out! It was a super easy read with everything summarized neatly so I never got confused or lost while reading it... even though it felt like I read the whole thing cover to cover in one sitting. I just feel differently about relationships now... I can see so much more clearly what I want and how I'm going to get it. Your book really lived up to the hype.

- Diane

Congratulations on your awesome book! I won't share how many times I put my face in my hands as I was reading when the book described something exactly as I did it (but there were a lot!) I just wish I had read it sooner - it would have saved me a lot of trouble (and a lot of embarrassment). Your articles on Vixen Daily are super helpful, and this book is just as good. Just writing down everything I learned in this book could be a new book all on its own... it's going to really help me in my next relationship. Thanks so much for everything!

- Maggie Getz

I got your new book and finally sat down to read it and when I stopped reading I realized I had read it cover to cover. It was so smart and focused on the point that I couldn't stop reading it, it felt like a new question that had been torturing me for years was clearly answered and resolved on every page. Can't wait for your next book!

- Frances

No exaggeration this book changed my life. Totally opened my eyes in too many ways to count. I saw exactly what went wrong in old relationships. Made me feel dumb actually because I saw I kept making the same mistakes, but I feel good now because I know I won't make them again. I never have to torture myself wondering what went wrong ever again, now I have the answers. This is a book I'm going to reread many times.

- Paula

I know it sounds stupid, but thank you! Now I know why people react or think in certain ways... it all makes sense now. I

used to be afraid of starting something new because I knew I'd get hurt... now I'm excited to get back out there and meet Mr. Right.

- Terri

It was so refreshing to read this book and not get the same, boring, "safe" advice everyone else gives doesn't help at all. This book actually helped me to really understand the big picture. It's not about "tricks", or "tactics", or "playing games". It's about understanding how men and women really work, which is something I never thought I'd understand but the book explained perfectly. If you read this book with an open mind, you will find what you've been looking for.

- Chelsea

Loved it, loved it, LOVED it! I read it all in one go, I couldn't help myself, this advice was eye opening in SO many ways. It's the BEST dating book I've ever read, it reminded me that I'M WORTH IT, that there's SO MUCH about me to love, and that the future is BRIGHT. Thank you!

- Gina

That's enough reviews – so it's time to get the results you want by taking action right now. You can purchase the whole book here:

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After you've finished it, please send us an e-mail with your thoughts and feedback. Everything you tell us will help us to give our readers exactly what they want, so don't hold back!