

The Body Language Project:

Dating, Attraction and Sexual Body Language.



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the
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AN INTRODUCTION

I'm excited to be the one to share this wonderful tool with you! The ability to read body language will be useful to you for the rest of your life and is definitely not something you will pass over or forget. Body language occurs continuously and in every social situation making it ubiquitous. When a student of body language gets their first dose of knowledge it is very exhilarating. It opens up a whole new world, one that was always there, but otherwise deeply buried in our minds. With a thorough understanding of body language, you will be able to read people from a distance without needing to hear the words they speak. Suddenly, the language of the body will become more transparent and obvious, and those who understand it are given a huge advantage over the rest.

Anyone into the dating scene knows how hard it is to read women. After reading through this book and studying the photographs, it won't be a mystery any longer. Without these key bits of information, you cannot have a well rounded understanding of dating. The book illustrates over 250 single items of body language such as when a woman likes and dislikes an approach, when a woman is ready to kiss, when a woman is trying to block you out, when she is bored or aroused, and practically every other gesture a woman might impart. Also covered extensively are tips to bring a woman closer through your own body language, entering her intimate space, and ways that you can display status and act so as to arouse women. This guide is perfect for both men and women interested in not only learning more about each other, but also in attracting one another. Body language allows people to use subtle hints to convey interest or disinterest instead of having to resort to overt and possibly embarrassing tactics. This book represents the perfect *foundation* to dating and attraction, and without it you cannot fully master the art of seduction.

The true aim of this book is to bring to consciousness the intuition that is already present and at the same time increase its efficiency. Nonverbal expressions of liking, disliking, superiority, timidity, fear, and so on are firmly rooted in human biology. Body language is therefore innate. It is not learned, and for the most part, not cultural. This makes it a very useful tool in dating and attraction as it provides us with

quantifiable postures and positions that have actual meaning. While some cues may become compounded or confused with others, the whole picture makes it obvious what someone is really thinking.

By understanding body language you can also avoid potentially embarrassing situations. Speaking is a risky business in dating and also in life in general. This is especially true when you don't know what emotional ground others stand on. Body language outlines where you are in a relationship such as what level of attraction or rejection is present at any one time and eliminates all the guesswork involved in reading women. The information in this book will make it easy to determine which women are available. Body language experts will know when it is a waste of time to further a pursuit and when it is time to hang in for the long haul.

Even though men might *believe* that they have the upper hand in the initial stages of a relationship, they really do not. Women have a keen ability to fool men into thinking that they have the advantage early on, but in reality, women are able to control men with the use of nonverbal communication (whether or not they are actually aware of this fact is not relevant). Women use nonverbal language to send a strong signal of sexual interest, or as the case may be, disinterest.

Guys, myself included, are often hesitant to approach women. This is for good reason. We all want to maintain what little confidence we have. Approaching women is a risk-laden action and the last thing anyone wants is to face rejection. Thankfully, women impart their level of interest with very specific cues and this saves men from approaching disinterested women and can even save them the embarrassment resulting from displaying interest in them at all. Women use body language as a signal to men that an approach is welcome or unwelcome. Whether or not a man sees these cues and acknowledges them is a different story altogether.

The skills in this book represent some of the most important you will ever obtain in the pursuit of

women (or men, as the case may be). Your skills will not appear overnight though. It will take time and experience to turn your eye into a highly developed reader of body language. However, with practice will come great rewards. For example, you will know if a woman is interested in getting to know you better, and on which level. You will know if she wants to kiss you, or whether she simply wants you to go away.

Ultimately dating and courtship is a way for a woman to test a man's desire to invest in her. A woman doesn't normally give off cues that are obvious simply because she hasn't yet decided for certain if you are of interest to her. A woman will normally draw out courtship in order to solidify the bond between herself and a man. The more time a man spends on the chase, she thinks, the more time he will spend raising her children. Thus, for the most part, the more she runs, the better off she will be. This is why we often see mixed and confounded signals which can be particularly frustrating if you are not aware of their purpose.

The next time you are in a social setting, have a look around and really bring to consciousness what is going on. Some couples will no doubt be close together, while others will have a few paces between them. Others yet will be practically on top of each other. What does this proximity mean? Even deeper than this runs the gestures they make toward one another. Some researchers will tell you that body language is a more accurate indication of someone's thoughts than what actually comes from their mouths since body language comes from the subconscious whereas our spoken words come from our consciousness. Our conscious mind is able to plan and manipulate and is hence deceitful. If you are following along, you are also putting two and two together. As you learn about body language you are moving it from your subconscious mind to your conscious mind, meaning you can now plan your body language and use it however you see fit.

Ignoring specific cues given off by the opposite sex is a sure way to embarrassment. Reading women incorrectly is fairly easy if you do not catalogue all cues they give off. Some researchers put the level of nonverbal communication as high as 80 percent of all communication. More reasonably it could be at around 50-65 percent. That's exactly what Mehrabian discovered in his communication study. He found that only 7 percent of communication comes from spoken words, 38 percent is from the tone of the voice, and 55 percent comes from body language. Thus, if you aren't conscious of what is happening nonverbally, you are missing out on the

vast majority of what is going on during a typical conversation. No doubt, you could easily get away without the conscious ability to read others' body language, however, why ignore such a powerful tool when it is so easy to master?

Throughout the book, I realize that I speak mainly in terms of what I find useful as a man with respect to reading women, but that is only because I show my true bias. The tools contained within, however, are still very useful and practical for women. By knowing the meanings of the cues, women can better control the outcomes of specific situations. If, for example, a woman really enjoys the company of a particular man and wants to push the relationship forward, she should know the proper signals by which to make this happen. On the other hand, if a woman is disinterested or finds herself in a situation where an advance is unwanted, she will be armed with the knowledge of what cues to deliver to thwart the advance. A woman who is perhaps careless with her gestures, may give off particularly confusing cues to a man. A confused man is never a good thing! If he is interested in you, then more often than not, he will continue to pursue. With the knowledge of nonverbal communication, women can give specific and accurate cues to others.

Another useful way to appreciate how body language works and to make it appear more logical in our minds is to picture specific body language poses as they would appear if the person were nude. This is especially important since the cues have evolved under these circumstances. For example, take legs crossed versus uncrossed. How would legs spread wide open appear on a woman? How about on a man? What about a person with their legs uncrossed with their hands up behind their head slouched down in a chair? This would most certainly come across as a dominant and an in-your-face kind of posture. Now imagine this very same posture coming from an arrogant boss if he was completely nude with his genitals fully exposed! While our clothing masks some of the offensiveness of these postures, the meaning is still relevant.

A bit of caution is in order here. Keep the information in this book to yourself. The first rule of body language is: don't talk about body language! This type of thing is better left unsaid. I made the mistake of telling a bunch of intoxicated people that I was doing some reading on body language. Everyone immediately stopped talking and they sat in silence doing nothing. They knew

that I could read them but they did not want to be read. They wanted to keep their thoughts and emotions to themselves.

And finally, reading body language is not magic, it's science. It's not exact, but it is pretty close. It is very likely the best tool that exists for accurately reading people, even more accurate than outright asking them their thoughts. It is well known that people tend to lie. We lie for various reasons, be it to avoid offending someone, to avoid the hurt of rejection, or simply because we have not yet brought our true feelings to consciousness. I hope you have as much fun reading this book as I have had writing it and I do hope you will tell your friends good things about the sections to follow and help The Body Language Project grow so that we can bring you future publications and resources! We welcome any positive or negative experiences you've had with body language as a result of the information contained in this book, so feel free to send us an e-mail anytime!

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PERSONAL SPACE

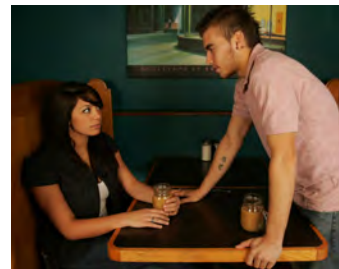
If you are closer than arm's reach, than you are in someone's personal space. This is the first lesson you must learn. To create more space in crowded areas such as elevators and bars, people often tense up and use their arms as protection. They will hold them close to their body – often crossed – and will also avoid eye contact. If a woman you know is doing this in your presence and you are not in an elevator than she is sending you a strong message of disinterest. You will not get very far with a person who holds closed postures so you would be best advised to give them some space, back up a few paces, and allow them to reduce their tension. If a woman steps back when you approach her, it does not necessarily mean that she does not like you, she just needs more time to get comfortable. People guard their space passionately, wherever it is, and will not appreciate it if you invade it. Respecting people's intimate space involves not invading it with objects, like your bag or jacket, or with body parts unless they are welcomed.

The need for space is particular to a specific person and is normally a function of their environment. If they live in a densely populated area and frequent busy malls, elevators and so forth, they will be more accustomed to having people in close proximity. Normally, city people will tolerate someone in their space more so than those who live in rural settings. However, it is quite common to give strangers as much space as reasonably possible. For example, in an empty elevator, it would be unreasonable to be so close as to touch a stranger (even one you like). This is completely reversed however in a full elevator, where it is assumed that some accidental touching will occur.

Being sensitive to a woman's need for space is a given. If you act dominant and enter her space without her permission, you are guaranteed to leave her with a bad impression. All women perceive men as threatening who enter their personal space

without an invitation and a woman will not reciprocate attraction to someone she fears. This doesn't mean that you are never to enter the intimate zone of a woman, but rather, you should wait for the right cues before doing so. When you approach someone physically, it is the same as if you were to approach them emotionally, and you should wait for a woman to give you signals that an approach is welcome before moving closer.

Never use positions of power when approaching a woman. That is, keep at eye level if possible. However, if you and she are both standing then it would be acceptable to use height as an advantage.



Dave is doing a really good job at making Scarlett uncomfortable by towering over her. You can see her defensive posture as she pulls her coffee toward herself and slightly tucks her chin in toward her body. Her left shoulder is moving forward and away from the wall in order to face her nearest and easiest exit. Her eye contact is harsh and comes across as a glare.

Height can be exploited by men to display dominance. The king of the castle holds literally in this case since the higher a person is, the more power is projected onto them. If the woman you want to approach is sitting though, it is best to approach her from a bent or kneeling position initially. Once the woman becomes more comfortable with you and you establish a common dialogue,

then it becomes safer to exploit your height differences. Your goal should never be to dominate over a woman, especially initially. Your goal should always be to make her feel comfortable in your presence and to break down all the barriers that separate the two of you.

Importance should also be put on the fact that proximity norms are different in different cultures. For example, Japanese people tend to stand much closer than Americans when in conversation. This proximity could be misconstrued as a sexual advance if it took place between two cultures, but in reality it is merely a function of upbringing. The point should also be made that there is a fairly large range in levels of touching and proximity norms between cultures and also within cultures. Some people will be comfortable being close, while others might reject this proximity altogether. If you are curious to know if a woman's proximity to you is an advance or simply her way, all you have to do is examine how she behaves around other people generally. If she is commonly a touchy-feely sort of person toward everyone, then it can be assumed that this is simply person specific and is not any sort of sexual advance. It is also true that the location of the interaction plays a big role. For example, in a crowded bar or amusement park, it would be acceptable to stand fairly close, however in an area that is more open, it might come across as imposing to be closer than necessary.

Normally, one should expect that a distance which separates two people from each other's reach would be appropriate for strangers. Sometimes this can be even further. It is not always obvious to everyone what is sufficient for proximity. The point was well made in an episode of *Seinfeld* with the "close talker." The character immediately jettisoned within inches of the person he was communicating with, turning the situation awkward. As you approach a woman, be careful to measure her response. If she moves back, you are best to respect that distance and maintain it as a buffer instead of continuously trying to close the gap. As the conversation continues and the level of trust grows, you will probably notice that closeness is gradually more permitted and welcomed. Generally, comfortable distances go as follows:



Intimate – touching to about 10 inches (for close friends, family, and couples)



Casual-personal – 18 inches to 4 feet (informal conversation with friends)



Social – 4 to 12 feet.

A social distance of 12 feet might seem unlikely. However, for strangers who have never spoken, this is a comfortable distance to speak from. If you don't believe this to be so, give it a try for yourself.

PICTORIAL ON PERSONAL SPACE



Dave is making another poor approach here by ignoring body positions and levels. He has cornered Scarlett into the booth. She is showing that she is not impressed by folding her arms across her body. She is trying to act passively confrontational by avoiding eye contact. Dave should even the planes of their bodies and resume positive dialogue as Scarlett isn't receptive to his current advances.



The tables have been turned in this situation. This illustrates the importance of body positions and levels well. Scarlett is towering over Dave making him feel subordinate and intimidated. The plane her body makes encroaches near, and possibly over, the halfway mark on the table. Dave is showing that he is being aggressed upon and is pulling his drink toward himself and trying to avoid direct eye contact by moving his chin away from her. It is evident that Scarlett is putting Dave down and asserting her position over him. These are all indicators of disinterest as she is using body language to establish control over the relationship.



Dave is using body language here to his advantage. He wants to come across as non-threatening so he lowers his body height compared to hers. Using body language in this way does not necessarily mean that the man is less dominant, but it does show courtesy. Scarlett appreciates this approach and even permits him to move closer than normal with only a few inches separating her forearm and his hand. It is important to approach a woman from the front so as not to block her in or intimidate her.



Whispering by either sex is a great way to force people to move into their personal space. Since Scarlett is doing the whispering, Dave could take this to mean that she is interested and wants him to move closer.



Proximity as initiated by a woman is a powerful message of interest.



Here, Mark is allowing Julie to shrink the final bit of space between them. He has engaged her in conversation instead of pushing himself on her and invading her space. Mark's posture is open, welcome and dominant and Julie is taking well to it.



This is welcomed touching and was initiated by Julie. She has moved into Mark's personal space and would very likely accept a kiss since she is looking at his mouth. She is also touching his tie which is a strong signal that she desires his closeness.



Julie is giving off some very strong positive signals. She is pushed right up against Mark and is leaning in toward him closing the distance even further. Proximity is almost always a form of intimacy.

STRATEGIES TO ESTABLISH CLOSENESS

ON INVITING WOMEN IN

It is normally perceived as a threat to approach a woman from her side or, if you are driving an automobile, her blind spot. Thus, avoid sitting or standing directly alongside a woman, especially one you don't know very well. Women feel more comfortable if they are approached from the front because they can better assess the situation and are not taken by surprise. After this initial approach, and if the woman begins to relax, the man can then move to the side to continue the conversation. If, on the other hand, a woman chooses to approach a man, she might do so by approaching initially from the side or from behind, then continuing the conversation directly in front of him. The more she faces a man and matches his torso with her own, the more attraction she is feeling. A man will very normally perceive a woman who approaches directly from the front as a threat but will find this positioning tolerable after an initial approach. It's easy to picture this in an employee-employer relationship. A female boss might move in directly to her male employee to better establish hierarchy.



Dave's approach is more in tune with what will make a woman feel comfortable. He has performed a semi or full circle of the room, Scarlett has noticed him and made eye contact, and he has slowly moved in to speak with her. Dave shows that he is a bit timid by keeping his hands in his pockets. Scarlett's body language is slightly defensive as we would expect from an initial meeting. Her right arm is crossed over her body and holding her left elbow forming a barrier to protect herself. Her legs are also crossed which is a closed body position. She is smiling, however, showing that she is comfortable in the situation.

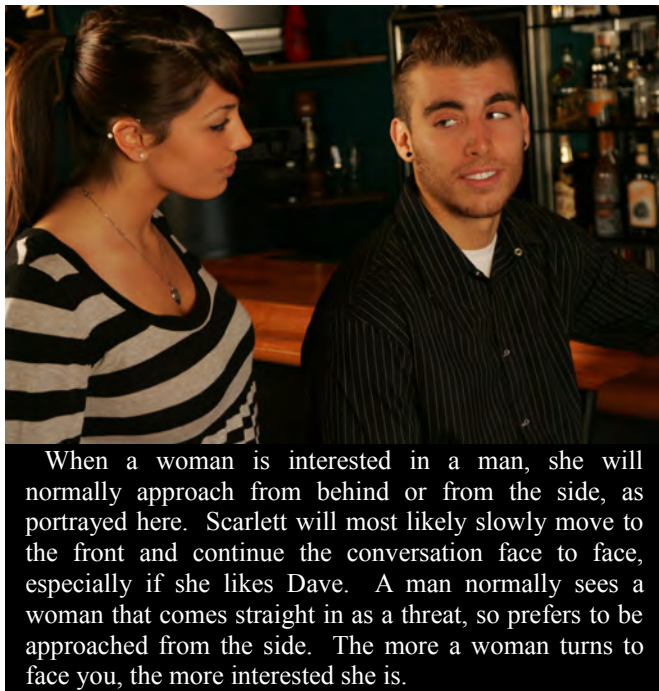
While in conversation with a stranger, a 45 degree angle is most suitable between two people. The reason for maintaining this angle to another is that it makes a quick exit possible. An exit from this angle requires only one motion and that is forward and away. However, if two people are facing each other straight on then exit requires two motions: a pivot to



So Dave found Scarlett attractive and felt compelled to break her away from the dialogue she was having with her girlfriend. The problem lies not in his confidence to approach her; he has done well to get this far. The problem lies in the approach itself; it is all wrong. He came in from behind her, startled her, and put her on a defensive. Dave should have made a big enough half circle and perhaps made brief eye contact, or at least given her the chance to view him, before coming over. He could have gone in front of her and ordered a drink first so she would have had the opportunity to assess him as he has had to assess her. A man should always come in from in front of a woman and in plain sight. At the same time, he should avoid coming in directly toward her like a hunter on his prey. Once a dialogue is established the man should then move to the side and continue the conversation. Scarlett's body language is all negative. She is leaning away from Dave with her arms and legs crossed in defense.

turn sideways then a motion forward and away. When strangers meet, always remember that it is risky. This is especially true for women who are naturally smaller and more vulnerable. As a man, imagine being approached sexually by someone who is both bigger and stronger than you. Absent of any laws and rules, this situation could be extremely dangerous. Now add to this a mind that contained ancient hardwiring to naturally fear such responses. No amount of learning can wipe away our evolutionary hardwiring. Women's brains have evolved under the cheater strategies of some men. Men who were not able to woo women sometimes would have employed a rapist strategy. Other types of scenarios that our brains are wired to fear upon an initial meeting include violence, thievery, or even death. At this point, you should be getting the idea. When a man approaches a woman she is naturally filled with plenty of apprehension. Today's laws and rules and otherwise cooperative environments make such approaches generally safe, but that doesn't mean that the brain's hardwiring is any less potent. Your job as a man is to make the woman feel comfortable and turn that potential fear response into excitement and exhilaration. You can do this simply by respecting approach distances and angles. Ignore these rules and suffer rejection and risk putting the woman in a state of fear.

A good approach on a woman is the path created by a giant u-shape that initially goes out, and past a woman at a distance, then returns. This puts the man in plain sight of the woman at all times and gives her the opportunity to assess him. The goal of this form of approach is to reduce the likelihood of seeing the man as a threat. A man should always move deliberately and also avoid charging in toward a woman head on. Men by nature are goal-oriented, but this is a time to avoid going at a woman like she is prey. Remember, you are not trying to attack her, you are trying to attract her.



When a woman is interested in a man, she will normally approach from behind or from the side, as portrayed here. Scarlett will most likely slowly move to the front and continue the conversation face to face, especially if she likes Dave. A man normally sees a woman that comes straight in as a threat, so prefers to be approached from the side. The more a woman turns to face you, the more interested she is.

AVOIDING POWER PLAYS

It is not a turn on to have men push women over with their body language. Thus, you should avoid trying to approach women who are sitting by standing beside them and towering over them. Rather, they should be approached from a kneeling position unless a chair is nearby. Women could power play as well by overtly cornering a man at his desk, for example. She may come up and sit on his desk to convey a sense of power over him. Normally this will not come across as a sexual advance, but rather an encroachment on his personal space and hence a threat. It is therefore important for both sexes to attempt to bring each other together at eye level so as not to turn each other off. The interaction between men and women isn't a win-lose affair, it's a negotiation that, when done correctly, can be very rewarding for both.

ON CORNERING

A common mistake committed by men is to block women in. It occurs when someone uses their arms and body to block someone against a wall, a bar, or even into a corner. This may be done either partially, by using part of an arm or part of the body,

or entirely, in which case a woman is physically blocked into a corner with the positioning of the torso. This has the effect of making the woman feel trapped, frightened or even angry. Blocking and cornering can have a profound effect on how a conversation evolves especially if this is during a first impression.



Dave is doing something that no one should. He is blocking Scarlett in and cutting off her exits. In this photograph, he is completely blocking her in, but it could very well happen partially with one arm or with another body part such as a leg. Dave is eliciting negative body language from Scarlett. She is moving her head backwards and away and I suspect if she had the chance, she would exit the situation altogether. If he refuses to move, she'll probably knee him in the crotch.

Men will not be successful at persuading women into romance by making them frightened. Instead, as a man, allow women to invite you into their personal space. Once there, give them plenty of indications that you are giving them full right to leave whenever they please.



Hopefully Scarlett's actions are done in a flirtatious manner and quite likely this is so. She is making a playful face. However, Dave doesn't seem to appreciate being blocked in and up against the bar. Scarlett is playing a dominant role here which could mean she is trying to control the situation.

A woman may signal to a man her intentions by blocking him out or cornering him or else cutting him off from other people who may want to take on a dialogue with him. She may use an arm, her body or an object as a barrier to exclude the man or other people as the case may be. If she turns her back toward the man or does not remove an arm when it would

be inconsiderate not to, then she is sending him a strong message of disinterest. When these sorts of things happen it is best to take the hint and attack the problem from a different angle.

Blocking occurs very frequently in social situations, such as parties. Since there are so many additional

competitors in these situations, various methods will be established to either allow people into the conversation or remove them. Forming a circle with intimate friends is one way to excludes others from entering. This occurs fairly often in bars and nightclubs and presents a fairly difficult barrier to break. A couple might utilize the corner of a sofa as a barrier against intruders and cut off the open side with a back turned inwards. This sends a message to the rest of the room that the couple does not want to be disturbed. Being aware of such barriers present in and about a room can give you plenty of information about the thoughts and feelings as well as the relationship strengths present.

HAPTIC COMMUNICATION - TOUCH

Haptic communication is the communication that occurs by touch. It is very important to know how to touch because it can be construed differently under different circumstances and can result in different outcomes. Touch can be used as an extension of friendship or as a full on assault depending on how it is delivered. The method and particulars of the touch also have meaning. For example, a hug or handshake that last a bit longer than ordinary can signify intimacy or compassion. Or comparably, a hug or handshake that is loose or weak could mean friendship or indifference. Touching at appropriate times is an excellent way to gain someone's attention. For example, it is generally acceptable to touch a stranger with a slight poke with two fingers on the shoulder to gain their attention, but quite something else to come up to a stranger and stroke their back. It is important to use touch carefully in the early stages of any relationship. It's also important, unless done tactfully, to allow the woman to be the first to touch if at all possible. If she is shy, then at least wait for her to provide signals that touch is welcome.



Accepting touching or allowing a man to enter into intimate space is a sure sign of attraction by a woman. Any space closer than about 18 inches would be considered an intimate distance. Dave is furthering his advances by touching Scarlett's hand which is one of the first areas a woman will permit a man to touch.

Finding an excuse to touch is a great strategy to show interest. Touching could result during the exchanging of an item such as a menu or condiment

or while dancing. Women find this sort of exchange from a man of interest particularly exhilarating. If touching is allowed to be prolonged or is reciprocated, it is a great indication that there is interest. It is fairly easy to dismiss touching as accidental if one is not consciously aware of its strength as a positive indicator of interest. Touching can almost always be construed as a form of interest.



Accidental touching is a form of flirting.

WHISPERING

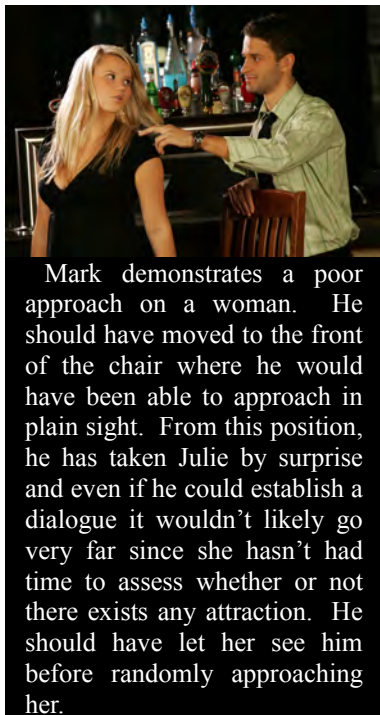
Whispering or talking quietly to someone else can often force people to move into your intimate body space. If a woman whispers to you, you can take this to mean that she wants you to come closer and is attracted to you. If however, she does not like it when you whisper then this can be taken as a signal of disinterest. Leaning in to speak to someone else should yield a similar response from them. It is also important to monitor her response after the whisper. Does she move back to her original position by leaning back in her chair or does she maintain the proximity? If she initially leans forward, but later backs away, allow her to do so without continuing to make further advances because she is indicating that she is not interested. If you begin to whisper and she merely begins to shout back that she cannot hear you, then she is probably not interested.

SIGNALING AND TESTING

If you decide that you want to move into her personal space then you must move fairly deliberately. You might also throw in brief eye contact followed by lowered eyes. Don't be afraid to look at her to give her the idea that you are interested. You can even hold this gaze a little longer than what is normally comfortable, but avoid staring. Keep a symmetrical smile and open hands and you'll want to speak positively and warmly. If you toss in a smile every once in a while you will show her that you have a warm and open side. After you feel that you have made a connection with someone, test her interest by backing away slightly. If she quickly moves forward and takes up the space between the two of you, she is showing (on her own merit) that she is interested.

TESTING CLOSENESS WITH BODY PARTS

You can use your arms and legs to indicate the desire to enter someone else's personal space. This is far better than using your whole body. By moving an arm closer to someone, you are in effect telling them that you want your whole body there



Mark demonstrates a poor approach on a woman. He should have moved to the front of the chair where he would have been able to approach in plain sight. From this position, he has taken Julie by surprise and even if he could establish a dialogue it wouldn't likely go very far since she hasn't had time to assess whether or not there exists any attraction. He should have let her see him before randomly approaching her.

but without being too forward and risking coming off as offensive. If a woman motions with her arms toward you, you are in good shape. It means she is comfortable with you and she may be interested in getting closer. You can also give her the opportunity to move into your space in the same way. As a rule, before entering the personal space of a stranger (closer than arm's reach),

you will have at least made eye contact. To move any closer than this, a head nod at minimum to a simple greeting is in order. To move to the next level of proximity, a conversation should occur. As a rule, if no conversation has occurred, only very rarely will a woman tolerate any more intimacy.

OBJECTS AS SYMBOLIC CLOSENESS

You can use objects to invade another's space. Pens, cutlery, food, and so on, can be used to demonstrate to another that you desire closeness. Intimacy can be established by exchanging an item as well since it symbolically represents the breakdown of a space barrier between two people. Objects can also be used to test interest. What is done to an exchanged item contains meaning. If a woman takes what you have given her and strokes and touches it, then she is attracted to you. If she shoves it back onto your side of the table or refuses it, then she probably isn't interested. Sometimes people leave things in others' personal space on purpose. If you know a woman who does this consistently, then you are best to get the hint. She is either really forgetful or else she wants into your personal space.



Either the man or woman can use objects to invade into the other's personal space. Scarlett is using a spoon in conversation to cross the imaginary halfway line between her and Dave. Pens, food, or any other item can be used in this way. A woman might even leave objects such as clothing at a man's apartment. In this way, she could be using it as an excuse to visit again, especially if it is done repeatedly. If Dave performed this tactic on her and her body language changed to a closed position, it would be a signal that the advance was unwelcome.

To get into a woman's personal space without being too forward, lend her a piece of clothing. If she gladly takes it, this can be used as a good indication that she is interested. If she refuses to take it then you may be wasting your time or else she may just be taking things slowly.

BAD DAYS

Everyone has bad days for a great variety of reasons, most of which are beyond our control. If a woman is giving off bad signals it's probably best to leave her alone and let her shake these negative emotions before approaching her. If you are present during these feelings she may project her negative attitude onto you. During rough times, it's especially inappropriate to make sexual advances. The last thing on someone's mind during bad times is a sexual relationship (well, most often).

You might also create a situation whereby you allow a woman to change her body language. It might be as simple as extending a drink to force an arm that was ordinarily rigid against her body to be extended to accept the drink. This simple motion can serve as a catalyst to more open body postures. There are two theories about moods and emotions: either the internal anger is controlling the external negative body language or the negative body language is somehow causing the mind to be in a bad mood. It's most likely a mixture of the two, but the idea still applies. If you can induce people to open up their posture, there is a good chance that their minds will open up as well.



Scarlett is showing signs of opening up. She is removing an article of clothing. She is comfortable enough with Dave to show him that she is in no hurry to leave and is also revealing more skin, which is always a good sign.

Asking a woman to dance can force her body to open up and she may find that the action of dancing puts her in a better mood. In theory at least, it is always more productive to respond to the body language and subtly adjust it first before trying to attack the emotions behind it. Speaking about emotions can sometimes make them better, but it is risky. Using body language as a gauge of mood is a great way to avoid falling into a serious argument and gives pretense by which to operate under.

PICTORIAL ON ESTABLISHING CLOSENESS



Scarlett is clearly interested in Dave and is showing this through proximity. You may not notice that she has her breast pushed up against him, but Dave does! It hasn't happened by accident either. Scarlett is trying to send Dave a strong message of interest. Grabbing the belt loop is also added into the equation to further show interest and intimacy.



It is probably not a random event that Scarlett is tickling Dave. She is most likely using this touching to signal her interest. By this time, either Dave has gotten the hint and isn't interested, or he has missed all the other hints and Scarlett is escalating her signals to drive the point home. Surprisingly, some men would still take this as simple playfulness, which occasionally it is. However, if you find the girl attractive then you should feel confident in accepting that she finds you attractive in return.



This is a very overt gesture by Scarlett. She has taken on a dominant role by initiating touching. This could be intimate or fleeting and flirty depending on duration. Intimate would normally be defined as prolonged touching except in the case where sympathy was being offered. Context plays an important part in determining the meaning of body language. If Dave had just disclosed that his grandmother recently passed away, then touching would be to ease pain, but if they were in a normal or intimate conversation, it would be deemed a demonstration of attraction. Dave, for the most part, is oblivious to this cue and more interested in his drink. Scarlett's legs are also crossed away from Dave, but this is of no relevance since touching is a much stronger cue than leg crossing.



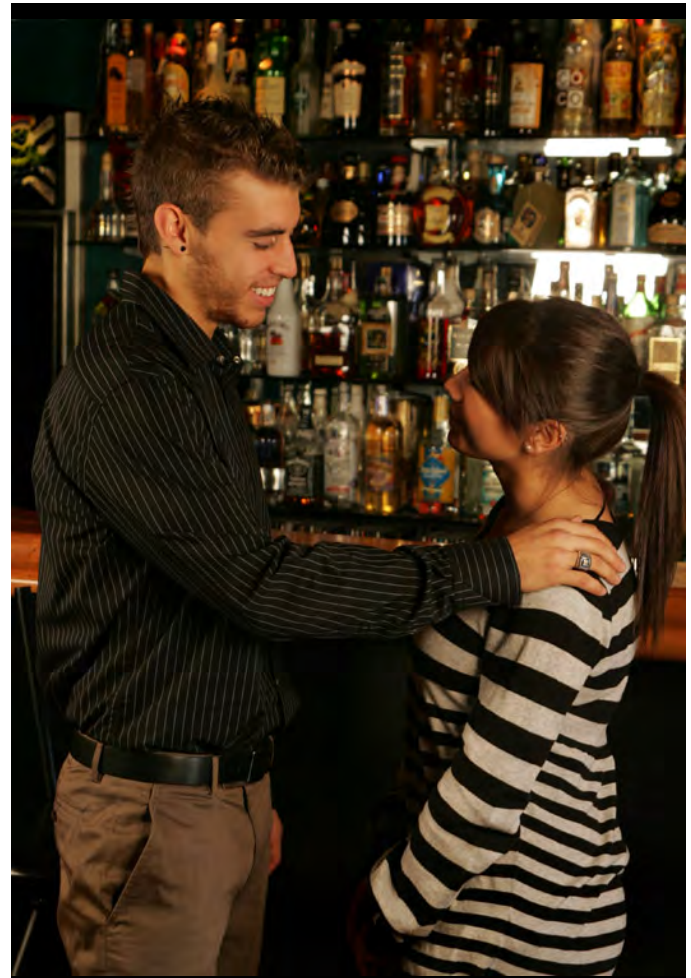
All touching establishes closeness and intimacy. Especially when initiated by a woman, it is a sign of sexual interest. Touching also normally indicates that someone wants something from you. In this case, it is pretty obvious that Scarlett desires attention from Dave.



Julie is bumping against Mark to make her presence known. She may back away after this contact and may then expect him to begin his pursuit.



Mark thinks that Julie is bumping up against him by accident but her grooming gesture and eye contact say otherwise. He may be missing the signals.



Height differences should never be exploited by any party. This is especially true when one party is sitting and one is standing. However, when both parties are standing, the difference in height can be used advantageously. Dave is a few inches taller than Scarlett, so he can use this to arouse her and appear more dominant. Women normally like to feel secure and protected, and when a man is taller than they are, it gives them the sense that they will receive that protection in their company. Therefore, this height difference is welcome, but towering over someone to put them down or rule over them won't serve your purpose in attraction.



Touching is always a good positive signal even if it's "accidental."



Accidental (or is it incidental) touching is a great sign of interest. Based on the proximity this pair has, it is not surprising that touching has occurred. Normally, a woman won't be overt with her signals. This form of touching is safe and foolproof for the woman and can be used by her to influence Dave into pursuing her. Women often leave the risky and dangerous work, as well as the pursuit, to men.

SIGNALS OF FEMALE DISINTEREST

While reading the following signals, it is important to keep in mind the context in which they appear. For example, in a business meeting, it would be foolish to read a hair toss as a sexual signal, especially if it was done by your boss in front the rest of the staff and wasn't followed by strong eye contact. A co-worker having legs crossed toward you, given a similar context, would also not be a signal of interest. The situation in which the action takes place is important. One might also consider the location and the greater environment such as the temperature. For example, in a hot building, a woman might begin to remove a long-sleeved shirt or unbutton a blouse. For someone not attuned to the situation, this could be taken as an overt sexual message, but in reality it might not be a signal at all. Conversely, at a formal event or around newly acquainted people, or while presenting at a meeting, the body tends to tense up. An approach, at this time will not reflect true feelings. Therefore, body language might have nothing at all to do with particular relationships or who is in the room, but rather could be a reflection of the context or temperature. So while reading the following, please keep in mind that the body language cues are context-specific and can be compounded with feelings and emotions attached to a thought that may or may not be currently applicable.

When a woman is not interested in your company, she will exhibit certain body postures and gestures. The more postures and gestures she shows the more disinterested she is. Keep in mind that body language is additive and so individual signals work together to send a message to others. For the most part, 'disinterest' and simply 'not showing interest' are the same thing. For example, a woman might play with her hair suggestively to signal interest but she might also not play with her hair, and this can be taken as a sign of disinterest. Overall, there are far more variations to show interest than disinterest. Disinterest is fairly cut and dry and obvious such as arms and legs crossed and avoidance of eye contact. Positive indicators of interest are more numerous and obscure most likely because interest is something that is ever changing depending on many variables, specifically the current usefulness and practicality of someone to our own goals. The main point I want to make here is that by not giving a positive cue, a woman is sending the signal that she is not interested. We will still cover a fair number of gestures that are specific to showing disinterest here though because some cues are specifically cues of disinterest. While at this moment it might sound somewhat confusing, in addition to the text you will find that the photos and captions make the cues appear somewhat intuitive.

CROSSING AND BLOCKING

If a woman is disinterested, her legs will be crossed away from you. She may also show other defensive gestures, such as crossed arms and placing a hand over her genitals to "protect" them. She can also show disinterest by leaning away from you and not displaying her neck (with her head down facing you). If she is leaning toward you, she may still show disinterest by supporting her head in her hand and placing an arm so as to block her body from you. Another signal of disinterest occurs when she crosses her legs by placing one ankle on top of the knee and then placing a hand (the one closest to you) on the ankle, but this cue is someone ambiguous. Any gesture that cuts off the center of the body from view, either with an arm or due to its position as a whole, is a signal of disinterest. Disinterest is also a function of comfort. The more comfortable someone is, and therefore interested, the more open their postures will be.



Something has gone wrong for Dave. He has lost Scarlett's attention. She is showing strong disinterest or boredom. Her legs are crossed away from Dave, and she is scratching the back of her hands showing that she is uncomfortable. What is probably most important is that she is looking away, possibly at someone across the room, or toward the exit. Dave, on the opposite side, is leaning forward and extending his drink in her direction possibly trying to regain her attention. He'd be better off to either convince her to change her posture or even approach her from the other direction. If she continues this negative body language she will lose the remainder of any interest she might have had.

SHOWING THE TONGUE THROUGH COMPRESSED LIPS

If a woman you are interested in compresses her lips but protrudes her tongue slightly she is indicating beyond doubt that she is uninterested. Simple as that, she gives this as a sign that she does not want to be approached and that doing so is a waste of time. Showing the tongue also means that she is taken and in a relationship with someone else.



Dave has just received a fairly rare and, if cognizant of the signal, obvious gesture of disinterest. It's called showing the tongue through compressed lips and is a sign that she is taken and in a relationship with someone else.

ON FEMALE BOREDOM

The last thing you want to do is bore a woman. When women are bored, they tend to fidget. However, they do so in a different manner than that caused by sexual interest. A woman may signal boredom by exhibiting a kicking motion with her foot when her legs are crossed. She might also yawn more, rest her head on her hand and not cock her head. The head cock is a posture that occurs when someone is interested in what is being said. You should be very careful not to bore her. If you do, she will quickly lose interest. The best thing you can do is say just enough to keep the conversation going without rambling on. Do not say too much or talk about your accomplishments too much. Other signs of boredom include looking away from you, finding other things to do, looking at a watch or clock, drumming with the fingers, tapping the toes or performing a full body slouch or sag while her face may appear blank. Of course, these cues could be due to a great variety of reasons which could include simply being exhausted.

FULL BODY STEEPLE

If a woman shows this posture she is demonstrating dominance which often means that she is also not interested. She is sending a powerful signal of non-attraction to men by displaying this strong sign of dominance. In effect, she is saying that she is just fine by herself. She does not need help or companionship. If you are wise, you will back off at least until you can convince her to let her arms down and hence open up. However, if she lets them down only to bring them back up after you start a conversation with her, then it's advised that you spend your time elsewhere. To add to this display she might lean back in a chair or lean away from you generally.



Scarlett is showing another image of boredom with her head in her hand and a blank stare. This is not to be confused with a sign of interest which would occur similarly with her head in her hand but her head would be cocked or tilted 45 degrees to one side.



The same meaning to steeping can be attributed to women. In this regard, Scarlett feels assured that she is correct in her convictions. She is also likely acting confrontational, so whatever you have done to have been subjected to this posture, you would be advised to stop and attempt to reverse it.

LEANING AND PROXIMITY

Proximity plays a big part in attraction. We tend to move closer to things we like and away from things we don't. Therefore, if a woman leans or moves away, this can be a signal of disinterest. She might suddenly get up or pawn you off on a friend. Putting space between you and her is a sure sign that she is trying to get away from you and isn't interested.

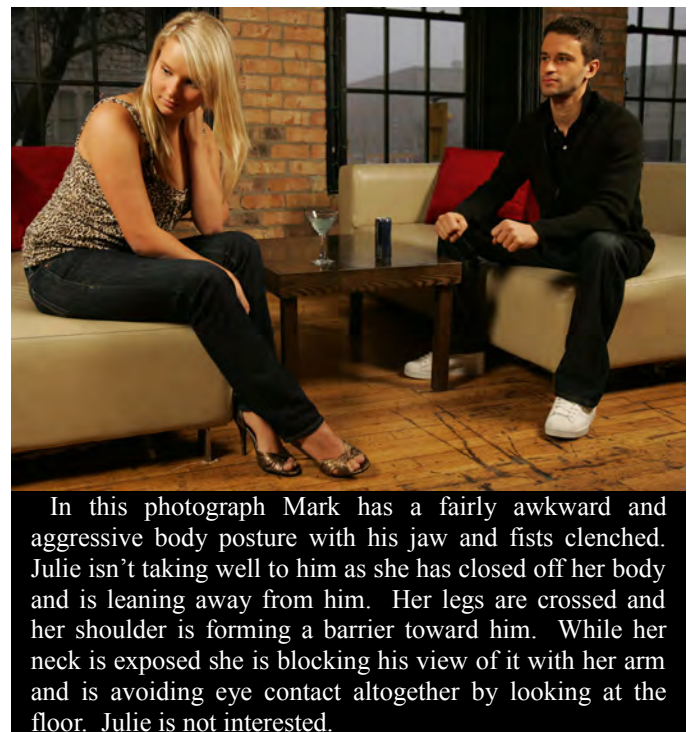
PICTORIAL ON SHOWING DISINTEREST



Both Mark and Julie are showing closed and disinterested body postures. Both have arms crossed and are guarded and both are looking away from each other. Clearly, there is no interest by either of them.



Julie isn't taking well to Mark. Her left hand is placed in between her legs so as to hide it and close off her torso. She is also looking away from him. Mark is showing a fairly needy position due to his chest being forward and he is leaning in toward Julie. He is also wringing his hands showing that he is nervous. Leaning on one's thighs, in this way, is sometimes a defensive posture as it protects the torso from exposure. Depending on how leaning is performed, it could also mean interest as it brings the body closer to the speaker, but in this case, it does not.



In this photograph Mark has a fairly awkward and aggressive body posture with his jaw and fists clenched. Julie isn't taking well to him as she has closed off her body and is leaning away from him. Her legs are crossed and her shoulder is forming a barrier toward him. While her neck is exposed she is blocking his view of it with her arm and is avoiding eye contact altogether by looking at the floor. Julie is not interested.



Dave is doing a poor job at reading Scarlett's body language. He is more than likely invading her space without permission. Her face is turned away from him and drawn back from her natural body plane. Dave is leaning in and therefore acting confrontational. I suspect that Dave is moving too quickly and if he persists Scarlett will be taking a big step backwards, possibly towards the nearest exit.



Scarlett is either completely bored and yawning or else offended by what Dave has said. Dave is obviously on the wrong track to attraction. His body language also indicates his own misfortune. His reaction shows his admittance to being caught saying something that he shouldn't have.



An interested woman will rarely be concerned with the hour. Being lost in the time is not happening here. Scarlett would surely not be concerned about being out too late if Dave was more interesting. Dave, on the other hand, is displaying poor body language as he is speaking through his hand. This is common for people with low self confidence who feel awkward or uncomfortable or who are lying. He also has one hand in his pocket which is normally perceived as dishonest, like he is hiding something.



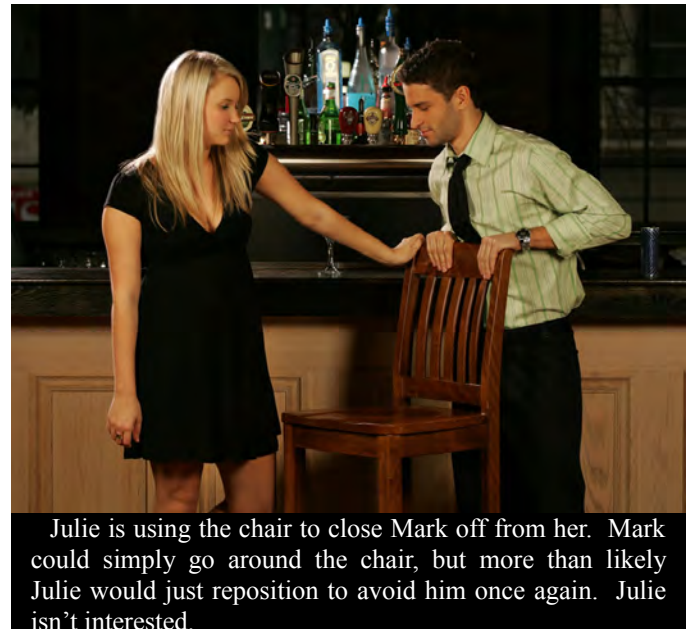
Both Mark and Julie are showing that they feel awkward and closed off from the other person by crossing their legs at the ankle. Julie is extending the closed body position with her arms. It is evident that Julie is disinterested with Mark and something he has said has caused her to remove herself from the situation. Mark is otherwise attentive to her even though his face admits that he feels that he has blown his chance.



Julie is either disinterested or cold as her arms and legs are crossed. Mark is also partially closed off with his leg crossed and his right arm forming a barrier. Mark should try to open up his body positions and see if he can elicit the same reaction from Julie.



Julie is thwarting Mark's touch. He has missed her clues and hints and has mistakenly assumed that she is interested.



Julie is using the chair to close Mark off from her. Mark could simply go around the chair, but more than likely Julie would just reposition to avoid him once again. Julie isn't interested.



This is the full body slouch or sag. Scarlett also has a blank look on her face. She is obviously disinterested in Dave.



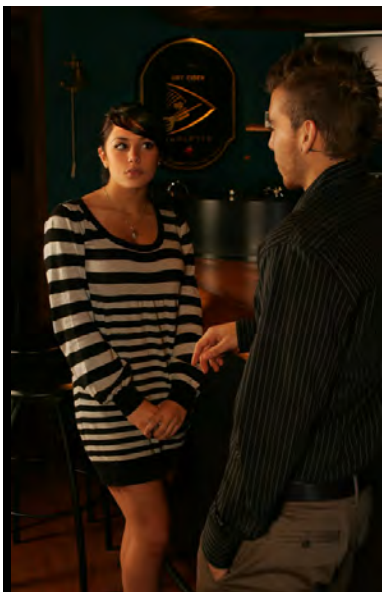
Scarlett is obviously bored, tired or just plain disinterested. When a woman is sexually attracted to a man, her body will be flooded with gratifying hormones that will prevent her from feeling tired when around you. Scarlett seems to be lacking in these hormones at the present time. She also may signal boredom with a kicking motion of her foot, looking at a watch or clock, drumming her fingers or tapping her toes. These gestures are normally accompanied by a blank disinterested stare or else a forced or unnatural smile.



Scarlett is showing another image of boredom with her head in her hand and a blank stare. This is not to be confused with a sign of interest which would occur similarly with her head in her hand but her head would be cocked or tilted 45 degrees to one side.



Here Dave is in a losing battle with himself. He is relinquishing all the power to Scarlett. She is somewhat disinterested and moving backwards and away, which is forcing Dave to move forward to continue the conversation. While her legs are open, she is using her right hand to force her skirt down and would likely cross her legs if she was able to, but since Dave is so close, she can't. She is also using her left arm to block him out, is leaning away from the bar, and is most likely trying her best to make a tactful exit from the situation.



Scarlett is not necessarily showing disinterest here, but she is showing a defensive and protective posture. Having her hands together over her genitals represents the proverbial fig leaf. It is important to keep in mind that body language is rooted in the human psychology. Our instincts precede clothing which now serve as protection against unwanted eye assaults.



While Scarlett's posture might seem neutral, in fact, it is not. Her legs are crossed at the ankle and her right arm is crossed against her body. These are both defensive gestures and show that she is not relaxed and is being protective of herself. Having her legs crossed, in essence, is a way for her to hide her private area, in this case, from obvious display in the presence of Dave.



Scarlett is clearly showing signs of disinterest and is upset with Dave. Dave is reaching out possibly to console her. Looking away, as well as closed body postures indicates disinterest or perhaps boredom. Additional signs of disinterest, if present, could also include crossing her legs at the ankle.



Both parties are fairly reserved and protected at this initial meeting.



Julie is avoiding putting her interest back on Mark by keeping the majority of her body facing someone to the left of the photograph. Mark has said something amusing but it has only resulted in having Julie move her head towards him and not the remainder of her body. Someone is competing against Mark for Julie's attention and is winning. Mark also seems to have succumbed to this mysterious third person as his body indicates that his interest is also directed that way.



This approach is not welcome. Julie is avoiding Mark's advances. He should have waited for her to signal some moderate interest before moving in. She is looking as far away from him as possible, her legs are pressed tightly together, and her right arm is protecting her torso. Mark has used his left hand to test Julie's receptivity by moving into her space and she hasn't responded. While it may seem that she is unaware that he has done this, she is, but is simply not interested.



An unwelcome approach.



Both Dave and Scarlett are showing defensive and therefore negative body language. For Scarlett, the drink at the chest comes across as negative body language because it is figuratively blocking Dave out. Dave is also showing that he is awkward or defensive by having his hands in his pockets. Aside from those key gestures, there is good eye contact which means there is still a chance for Dave to turn it up a notch.



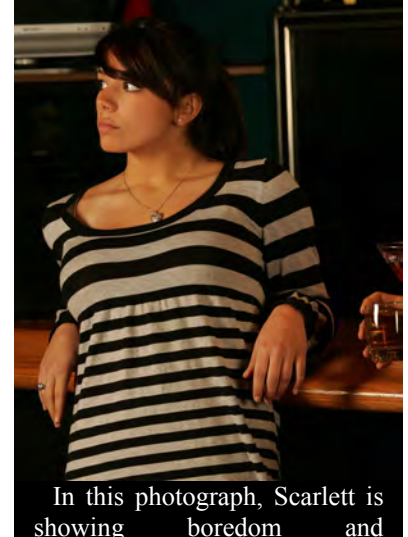
This posture by Scarlett signifies dominance, ownership of the situation, and confidence. Often this would mean that she is disinterested. She is sending a powerful non-attraction signal to Dave. In effect, she is saying that she is just fine by herself and doesn't need the "help" of a man.



Here is another variation of closed and disinterested body posture. Note Julie's left arm crossed over her body and holding her elbow and her legs crossed at the ankle. She is also avoiding eye contact. Dave is showing the classic restraint body posture by holding the back of his neck. He is probably fairly upset with himself or her but is trying to remain reserved.



Scarlett is bored once again as she performs a kicking motion with her foot.



In this photograph, Scarlett is showing boredom and disinterest. She is overtly scanning the room and also leaning away from Dave. She's in essence saying, I'd much rather be over there, than here with you. Dave is casual and relaxed, but this might be a sign that he needs to liven up his dialogue and regain her interest.

SIGNALS OF FEMALE INTEREST

Often when attracted to one another, men and woman display in a submissive manner. They will show meekness and harmlessness and the desire to form bonds with people will become more obvious. This has the effect of breaking down territorial borders that people often have and allows individuals to get closer to one another. If you are to get close to a woman, you must let down your daily guard. You must not show dominance and superiority. A man looking to get close to a woman should act more childlike and show signs of receptivity. As you read through this section, keep in mind that at times body language is confounded and confusing. That is, a woman who is holding herself in an apparently defensive manner may in fact just be cold. It can sometimes be very difficult to read others and sometimes no cues are offered at all to be read. Don't fall into the trap of thinking that people are constantly giving off useful body language; sometimes the body is saying nothing at all.



Scarlett is showing a lot of interest in this photograph. She is displaying an open posture with legs apart and is making eye contact, two signals of interest. She also is completely focused on Dave, which is obvious by the way her hand is positioned to support her head. What is most prominent in this photograph is that she is displaying a very vulnerable part of her body - her wrist. This is a very sensitive area and showing it in this way proves that she is comfortable and trusting of Dave. Dave is also playing along by mirroring Scarlett's body postures. If she is following Dave's postures, the signal of attraction through the "mating dance" would be even stronger. Dave could test Scarlett's interest by moving one part of his body to see if she would then change her posture to imitate it. This could happen immediately, or up to one minute later, and would still constitute interest.

When people are interested in one another, they tend to become more nervous. A woman will show you that she is interested in you by displaying similar types of behavior that occur when she is under pressure. She might yawn, stretch (usually in your

direction), touch and stroke herself, and display an overall acceleration in behavior.

Pointing is also a very strong action and this takes place in a great variety of ways. For example, eyes can point. They can point by darting toward someone we like and then away. A foot or leg could be pointed in the direction of someone of interest. Pointing is a way for women and men to draw attention to things of interest. Thus, it is important to monitor what is being emphasized by women and what they are trying to bring to your attention. They may signal to you, meaning they are pointing to you, or they may be pointing to themselves and therefore trying to draw your attention to them.



Pointing is a way for a person to outline where they would rather be. Scarlett is saying that she would rather be with Dave and is most likely speaking with a friend about him. Because Dave is not attuned to her body language and his surroundings, he is missing all the signals.

THE ROOM ENCOMPASSING GLANCE

A woman might look across the room in an encompassing glance. She will do so simply to assess the situation. She does this by casting her eyes around the room for 5 to 10 seconds. If she spots someone she is interested in (hopefully you) she will take a second look. This second glance is directed toward a specific man. It will be short and she will rotate her head 25 to 40 degrees to the side then look away (usually downward) within about 3 seconds. Women usually continue this behavior until they meet their target's eyes. At this point, the target and the woman will hold a mutual gaze lasting about 3 seconds.



Available women will commonly do what is called the tap. It is performed by crossing the arms and then using the index finger to tap the forearm. A woman will usually do this as she scans the room and spots someone of interest. She may perform this in accompaniment with the room-encompassing glance. If she does this while looking at you, it can be understood as a desire for you to approach her and that such an approach would be welcomed. The tap is like an abbreviated finger motion (as in, “come here”).

THE PARADE



Available women often carry themselves differently than those in committed relationships. For example, they often walk with exaggerated swinging of the hips, back arched, stomach flat, breasts protruding, and head held high. You might notice this more the next time you see it. Often it is quite obvious. Women signal this way so as to solicit men’s invitations. This is normally perceived as the “sexy walk across the room.” Women might do this with an accentuated roll of the hips drawing attention to the pelvic region. It could also be accompanied by a sideways glance and slightly parted wet lips which

could be unconsciously exaggerated by saliva or lipstick. Conversely, women also signal to men when they are not available, as we saw previously.

ECHOING AND MIRRORING

When a woman is interested in you she will do as you do. She will echo or mirror your body movements. An echo is when a body position is taken by a man and a woman follows and adopts the same posture. This may happen some time after the posture has occurred – hence the name, echo. Mirroring on the other hand, occurs when a posture is adopted simultaneously by both people. There may also be a slight variation in the posture. This has the same effect as echoing though. If a woman really likes you, she will develop complete synchrony with you – the mating dance.



This is full on mirroring and a very powerful positive signal. Notice that each body part reflects what the other person is doing. Dave might test her interest by changing his posture and then seeing if she adopts the same position. It may take a few seconds to occur, in which case it would constitute “echoing.” If mirroring is not occurring naturally by the woman, a man could test a woman’s interest by adopting a similar position as hers to see if it makes the woman uncomfortable. If she then quickly changes her position to become dissimilar again, then naturally, it would indicate disinterest. We like to seem as different as possible from those we don’t like or agree with.

When a woman mirrors you, she will usually do so by only roughly adopting the same body position. When I say roughly, I mean that she will have some of the same characteristics of your posture but will throw in some of her own. If a woman is really interested she may fully mirror your posture.

Full synchrony can take anywhere from 15 minutes to over 3 hours. You might also notice that the echoes can occur up to a minute later. A woman who has echoed your posture will be comfortable in your presence and is also likely attracted to you. You can test how much she likes you by changing your body postures on purpose. The more she likes you, the more she will follow. On the other hand, you can mirror her postures having the effect of sending the message to her. If however, she quickly changes her body postures as you adopt hers, then she is telling you that she is not interested.



Full mirroring is occurring here which is signaling interest. Mark has his left arm up on the bar and Julie has her right arm up. The same body position is duplicated in each, except in its opposite. This means there is a connection between the two of them. If either Mark or Julie were disinterested then they would modify their position so as to become different.

A caution is required at this point. Do not purposefully mirror everything a woman does. She will quickly turn off to you. The key is to quicken the mirroring that is already occurring and also add in some postures of your own.

While standing, the typical sequence of events occurs as follows: a woman will begin by standing or sitting at your side and will then gradually turn to face you. The more she faces you, the more interested she is. It might amaze you to see a couple that has been together for a long while as they may begin to move practically in synchrony, as if they were one person. They each drink at the same time or shift at the same time, or look away at the same time. Effectively this is a display that there is something in common between them and it is portrayed by the body instead of the mind.

It has been shown by researchers that long time friends can tune into even the smallest expressions, twitches or nods. It's not unlike what happens with twins, although they have a particularly strong bond. Because they have so much in common, they are able to read each other, and in effect, dance their way through life as if it was choreographed. When full synchrony occurs, metabolic rate and blood

pressure can also become matched. But what is most visible is what occurs on the outside, and this is a mirror between arms, legs and torso placement. For example, say the left elbow of one person is on the bar. The mirror would then be completed when the other person places their right elbow on the bar. Torsos in this situation would both be at 45 degrees facing the room. The next step up from this could be a drink that occurs in unison or each having one foot up on the bar rail.



Dancing is a great way to test a woman's interest. If she is interested in you she will begin to mirror or echo your body positions. Since dancing is so fluid, it provides a great opportunity to verify this. If she is disinterested, she will show poor eye contact, be looking away or at other people, and in essence, will be doing her own thing. Her dance moves will be independent of yours and won't occur in synchrony.

POINTING ISN'T RUDE

When a woman is attracted to you, she may unconsciously point at you with her fingers, eyes, hands, arms, legs, feet, and toes. Pointing toward what we want and are thinking about is a very prominent activity. Women can use their hands to emphasize a part of their body, draw attention to their face, genitals or breasts. Looking is another form of pointing, and since women are normally much less forward than men, keep a close watch on her eyes to find out what she is thinking about.

Overall, any motion a woman makes toward a man, such as an extended hand or foot, can be taken in some small way to mean interest. Generally if a woman breaks the barrier that exists between the two of you she is most likely interested. The barrier between two people is defined as the halfway mark. If she is really shy she will only send her eyes with fleeting gazes though. The more extroverted she is, the more obvious she will be with her body language. Gesticulations (using hands in conversation) often increase as the interest of a woman increases as well and the hands will most prominently be moving toward you. Thus, you can expect an interested woman to move her arms more and quicker, as well as in your direction.



Scarlett is showing that she wants to move closer to Dave without actually doing so. Can you see why? Her right leg is pointing and extended toward Dave. We point and look in the direction we want our bodies to be.

SHOWING INTEREST THROUGH LEG CROSSING

Interested women will cross their legs toward you. If a woman is standing, she will use her toes to signal by pointing them toward you. She may even extend a leg in your direction which is a way to shrink separation. If she crosses her legs at the ankle you will have to use other accompanying signs such as open body postures (palms up and uncrossed arms) to determine her interest. If she does not cross her legs at all, then look to see how much of her thigh is exposed. A great degree of thigh exposure is both sexy and a signal of interest. You

might also look at how far apart her legs are, as leg spread is also an indicator of interest. Another sign that she likes you and is comfortable around you is the dangling of a shoe on the toes. Want to test this out? Do something that will frighten her, like yell loudly at her or move toward her quickly. Then sit back and notice how quickly she puts her shoe back on!



Scarlett is again showing interest with legs crossed toward Dave. She is also very likely to be aroused by what he is saying, or simply by his presence, which is indicated by the fact that she is touching and stroking her neck. She has opened up her body posture by reaching for her glass, and shows strong eye contact, which are all positive. Dave is in good shape here.

While sitting, women often cross their legs to display them and to appear more ladylike. The higher she crosses her leg over her thigh, the stronger her interest. She might also add in extra signals such as smiling, playing with her hair or grooming you. Be sure to watch for the leg cross/re-cross. If she crosses and uncrosses her legs rather slowly she is adding more to her display. This is especially the case if she uncrosses and re-crosses her legs more frequently in front of you. This has a strong effect because she is allowing the inside of her thigh to be exposed (Sharon Stone, anyone?).



There are two prominent signals of attraction in this photograph. The most obvious is that Scarlett is crossing her legs higher than she normally would. Her right leg is crossed high over her knee with one leg firmly rested on the other. The higher the leg cross, the more interest shown. The second is that she is performing a wrist display by resting her head on her hand. The look on her face leads one to believe that she is not simply doing this because she is bored.

THE POINTING KNEE

Tucking one leg under the other when seated can be taken as a sign of interest. Specifically, the knee is bent to allow the foot to be tucked under the opposite thigh. The knee will then be aimed at the person the woman is interested in. It is an informal position signifying relaxation and comfort with the situation.



Julie is showing a few signs of interest toward Mark in this situation. Her left leg is tucked under her thigh and she is sitting on it (the pointing knee). The conversation must be going well as this indicates her willingness to stay seated. She is also grooming herself by playing with her hair and is making strong eye contact. Mark's posture is a mixture of open and closed. He is leaning forward to engage Julie but his hands are crossed over his body. This is an excellent way to keep a woman guessing and induce her to pursue the man instead of always the reverse.

THE LEG TWINE

The leg twine is one of the most appealing sitting positions for women. It occurs when one leg is

tightly pressed against the other making it appear extremely toned. A woman might also then place one hand on her thigh and present additional signals of attention and interest.

PIGEON TOES

When a woman turns her toes inward it suggests interest. It is referred to as "tibial torsion" anatomically. It is a gesture that displays submissiveness and can show that a woman is smitten in your company. She is shrinking up her body and creating a less threatening profile. In contrast, there is the military posture, in which the toes turn outward and the hands are held behind the back. If you see a woman in pigeon toes, you can be sure she is open to an advance. Just monitor what effects your approach has on her.



This photograph illustrates "tibial torsion." It is a childish posture. Scarlett's toes are pointed inward and it shows that she is meek and willing to submit to Dave. It is a way for her to appear smaller and less dominant by shrinking the amount of space her body takes up. She is also looking over a raised shoulder, to a degree, which is another signal of attraction.

THE HEAD TILT

Women who are really attracted to you, will tilt their head forward and to the side (at about 45 degrees) when they speak with you. Any neck exposure is meant to display attraction. The neck is one of the most private areas of the body because it is so

vulnerable. The head tilt can also occur outside of courtship and one may find oneself doing it subconsciously while at an interesting lecture (not likely) or while in communication with someone presenting an interesting story or idea. If a woman adds eye contact and a smile when displaying her neck, she is giving you even more information about her sexual interest.



Having the head tilted at a 45 degree angle represents undivided attention and interest in the communication that is present. Scarlett is facing Dave and he is obviously saying something amusing. It is fairly easy to catch people doing this especially if you are with a group of people. Those most immersed in the conversation will have their heads cocked to the side and there will be varying degrees of head tilt (or no tilt) for the remaining members of the group. Because eye contact is present and her head is tilted, you can safely ignore the fact that her arms are crossed (which is negative) as it becomes insignificant.

NECK TOUCHING

The neck is a very intimate zone. Only those we really trust are allowed to touch us in this place. If a woman shows her neck to you and or strokes it with her hand then she is sending a strong sign of interest. This means that she is aroused and is preparing for you to get closer to her. If you notice that a woman is tilting her head to the side and removing her hair to expose her neck, you are in great shape. She is interested.



The neck is an intimate zone of our bodies. We use it often in seduction and it is a great place to kiss and induce arousal. The reason it is so attractive is because it is vulnerable, and seduction is all about breaking down barriers between the sexes. Scarlett is not only displaying her neck, but is also stroking it. Subconsciously she is probably imagining that Dave is kissing it. Also note that she has removed her hair to expose her neck even more.

SHOULDER SHRUGS

This gesture is performed normally by a person with a soft side. It is given by someone who is prepared to let their guard down to someone else. It can be as subtle as a small lift in the shoulders or could be a full shrug and hold of the shoulders. It normally happens very quickly though and can occur in accompaniment with an eyebrow flash as well as eye contact. This form of gesturing is often unconscious so it makes for an accurate indicator of interest. Other shrugging movements indicating interest include shoulders up, shoulders flexed, and shoulders back. Shrugging is an emotional involuntary response to someone whom you like. This gesture is universal, as is the majority of body language, and not culturally specific. Men also seem to perform this gesture when they are attracted to a woman.



This is a shoulder shrug. It's a demonstration of meekness and shows the person of interest that she is willing to let her guard down. Shoulder shrugs represent a shift toward postures exhibited by children which is part of courtship. While this posture is exaggerated and obvious for some women it might only be a slight raise of the shoulders for others. Like all body language, it is done subconsciously and is directed toward people we like and are attracted to.

ROTATION OF THE PELVIS

While sitting or standing, a woman may subtly roll her pelvis. She may also move her arms and shoulders back so as to make her breasts become more obvious. Upon interest, her chest will seem to protrude further and her posture will become more proper.

IT'S IN THE HAIR

If a woman is really turned on, she will hold all of her hair in her hands, and then place it on top of her head. She will then tilt her head around to face you while looking over a raised shoulder. You can probably visualize this image in your head right

now. That is because it is so powerful. Do not show any hesitation when given this message; you will never forgive yourself! Another hair related sign occurs when a woman takes her hair out of a ponytail (or other held back style) then flicks or tosses it. If she is looking at you when she does this she is very interested. A woman might also show interest by preening her hair, running her fingers through her hair, wrapping her hair around her neck or curling it around her fingers, and tossing her hair.



A hair toss accompanied by eye contact is almost always a great sign of interest. Here, Scarlett is showing off the luster in her hair and hopefully Dave is reading the signals.



Grooming, and in this case combing her hair with her hand, is a method women use to attract male attention. It serves to draw their eyes to their prominent features. Caution is important, as some women naturally groom at all times and in the presence of all people. Thus, it is important to use accompanying cues to ascertain true interest.



Wrapping the hair around the neck is a sign of interest.



Any motion that exposes skin is a positive signal. Scarlett has removed her hair from her neck and placed it above her head. She is showing off for Dave.

SHOWING WRIST

Wrist displays can be a strong signal of sexual interest when done by a woman. A woman might show you her wrist by pulling up a long-sleeved shirt, rotating her wrist upward, or playing with her ear or the side of her face. The wrist is another vulnerable area of the body and displays of this sort are quite similar to those of the neck. With wrist displays the palms are made more visible to the male while she is in conversation with him and occurs by rotating the wrists upward. It could be while holding a glass or while eating as well. She could be displaying her wrists by unconsciously playing with an object such as a wine glass.



The wrist is a very delicate and sensitive area of the body. Whenever it is displayed or made obvious, it is a positive signal. It is often much more subtle than in this photograph, but if you notice wrist flashes or exposure, you should note interest.

GROOMING AND PREENING

Any grooming gestures such as smoothing clothing, rearranging attire, rubbing the hands, stroking the wrists against the forearms, touching the outside of the upper thighs, glancing in a mirror, and leaving buttons unbuttoned are all signals of interest. They become even more powerful when done with eye contact. Preening gestures indicate that a woman is preparing herself for someone else to touch her. If a woman plucks some imaginary fluff from your clothing, you are in. She might also fix your hair, straighten and adjust your clothes or rub your back



Any form of grooming is a signal of positive interest. Scarlett could be doing anything from adjusting herself to adjusting her mate. It all means the same and indicates interest.

to show interest. Touching, when done by a woman, can be taken as a strong sign of sexual interest towards a man.

HIKING THE SKIRT



Another rather obvious signal of interest is the skirt hike. When a woman is interested she will finger and play with the bottom of her skirt. This motion will be done specifically toward a man of interest. She will make sure that he is the

only one to notice and not someone else. What a woman will do is slightly raise the skirt to show a little extra leg. If a man she is not interested in happens to spot this maneuver, she will quickly force the skirt back down and avert her gaze.

LAUGHING AND SMILING

Women find men who can make them laugh and smile attractive. By smiling more and telling more jokes, you can force women to find you more attractive. The more you smile, the more others will too. Women also tend to smile more at those they like. If a woman makes a point to smile at you every time she sees you, then she is probably interested in you.

HER EYES

People's pupils grow with interest. They become larger when they see something they like, enjoy or are aroused by. When someone is aroused, their brain is being stimulated which then causes the pupil to open up, allowing more light to come in which in turn allows them to see better. Thus, a woman whose pupils become particularly large when looking specifically at you is probably aroused. This might explain why we seek dimly lit places for intimacy as it causes the eye to dilate further which also happens to look more attractive. This then furthers the sexual excitement.

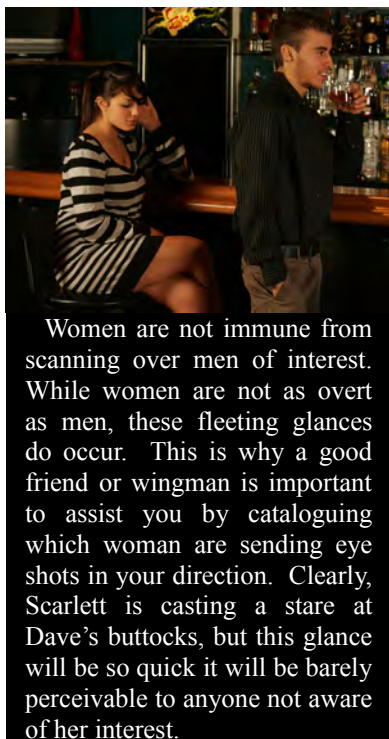
The eyes also tell an intimate story when they flutter and make frequent eye contact. Interested women will gaze toward you every so often and give you about a four second scan. A woman might also gaze toward the mouth while in conversation with a man. Subconsciously, it is because she is thinking about a kiss. If however, her eyes move from you across the room, or worse, toward the door, you may have lost her interest. If her eyes drop to the floor then back up again to meet yours within a few seconds to a minute, then you still have a chance. Downcast eyes followed by additional signals such as preening is a good indicator too. If your eyes meet and she is interested she may deliver an eyebrow flash which consists of a sudden raise in her upper eyelids. The eyebrow flash is just that – a quick flash of the eyebrows just barely noticeable. Hollywood tends to overdramatize the eyebrow flash. It happens so quickly naturally however, that it is scarcely perceivable.



There are multiple signals of attraction here. Scarlett has her neck exposed, she is subtly playing with her hair, is exhibiting strong eye contact, and is also allowing Dave to initiate touching. She is definitely interested.

If you make eye contact with someone of the opposite sex, it is best to avoid averting eyes by shooting them off to the side. Instead, looking down is more submissive and hence more attractive to both sexes. A man should not be afraid either of holding a gaze a little longer than normal with a small even smile and allowing the woman to break the gaze by looking downward. Looking away may be construed as a threat and it may cause the other party to assume that you are “stealing” a look instead of being genuinely interested. This stealing of a look is fairly common for most men who are already in a relationship and are just checking women out. A steal is a sideways look absent of any head movement and it tells those receiving the smile that they don’t want to be caught doing so. While playing these sorts of eye games, be sure to avoid staring for too long. Once eye contact is made, it is customary to glance away or down. Eye contact is generally avoided between strangers and it is therefore something that requires care to execute properly. Accompany your glance with a brief, moderate smile so as to show that you are welcoming of further communication.

When a woman converses with a man, her eyes will continually move around him. They will move from his face, to his eyes, to his mouth and then across the face again. Once flirting begins, the triangle the woman’s eyes follow becomes even bigger. The transition from eye to eye becomes even more intense.



Women are not immune from scanning over men of interest. While women are not as overt as men, these fleeting glances do occur. This is why a good friend or wingman is important to assist you by cataloguing which woman are sending eye shots in your direction. Clearly, Scarlett is casting a stare at Dave’s buttocks, but this glance will be so quick it will be barely perceivable to anyone not aware of her interest.

Women are not immune to looking elsewhere however, such as the crotch and buttocks. Interested woman will do this even more so. Women frequently establish eye contact with those they admire, but will pay particular attention to the man’s mouth. We look at things we like and we look toward places we are interested in and are thinking about.

If a woman is watching your mouth while you're talking to her, you can be pretty certain that she is thinking about kissing you.

Overall, it is normal for a woman to examine a man differently than how a man examines a woman. Women will spend the vast majority of time looking at a man’s face, but will also look at his general

build, clothing and accessories like watches, rings, and jewelry. This makes it important to maintain a kept appearance overall if you are to attract the entire imagination of a woman.

Another power signal is smiling eyes. This occurs when a woman smiles with her eyes alone and the mouth plays little or no part in the actual smile. It is just a tiny change in the tightness of muscles surrounding the eyes. As the eyes become more open, clearer and brighter, they become more seductive, all of which happens when women are aroused.

The simple catch of an eye can send the heart racing. Intuitively it is known that something has happened between two people. It is all about getting someone in the right frame of mind with the right facial expression. If you are really seeking to stun a woman then do whatever is necessary to catch her eye. The results can be very productive.

EYE BLINK RATE

If a woman likes you she will exhibit a high rate of blinking. When we blink we add moisture to the eye with the help of tears allowing us to see better. This explains the reason for blinking more often during periods of attraction. We don’t want to miss a thing! This is just one possible explanation for a high blink rate though. High blink rates can also be attributed to dry air, stress, or any multitude of other reasons. For this to be an indication of attraction it is best to look at the full picture.

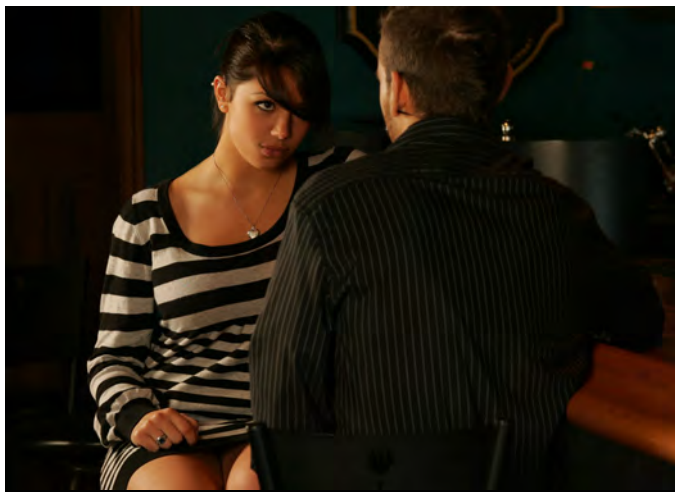
You might experiment by artificially increasing your blink rate to see if your person of interest responds in kind. In this form, it could be construed as mimicry or even echoing your gestures. You might also run the opposite experiment whereby you don’t blink at all or else keep your eyes closed for an extended period of time. What sort of effect do you think this would cause? I can save you the trouble with the experiment: it is actually very off-putting to close your eyes for longer than normal because, for that time when your eyes are closed, you have ceased taking in non-verbal cues from the people around you. Taking the opposite course, you could hold them open for longer. Keeping your eyes open and focused on a woman for an extended period of time while holding a sincere gaze (not a stare) will lead to some great results.

You might also have your eyes perform a wink, except with both eyes instead of just one (a single eye wink can be somewhat off-putting when done by men). The double wink is done by blinking, but at a much slower rate, meaning at about a third the rate of a normal blink. You will also do well to add a smile as you reopen your eyes. Thus, a typical sequence of events would be to look away from

your object of affection, then when you are sure she is looking, return your gaze, then as you connect eyes, blink slowly and as you reopen your eyes add an honest, symmetrical smile. The effects can be intense! Women might be as overt as to offer a full on wink, but this would be an exception and reserved for more aggressive women. Most often women will send fleeting glances with fluttering eyes and batting eyelashes over full winks.

THE FOREHEAD BOW

The forehead bow is a position of submissiveness. It occurs when a woman lowers her head, then looks up at a man from under her eyebrows. It's a sort of "come hither" look and could occur while eating dinner or while reading. It is akin to a full body bow which is used around the world to show respect. In contrast, the opposite could occur where the head is tilted backwards and a downward gaze is cast upon the other person. It is best pictured as looking down one's nose at someone and comes off as a direct threat.



This is a strong indicator of interest. Scarlett is performing what is called the forehead bow. It occurs when the head is tilted downwards and the person of interest is looked up at "through" the forehead. It is akin to what happens in Asian cultures with the bow. She is also delivering two other signals. Can you identify them? The next is open legs. The greater the leg spread, the greater the interest. The final show of interest is the skirt hike. She is using her right hand to slightly raise her skirt to expose more leg. With all these in combination, it would be foolish to think that she is not interested in Dave.

THE TAP

Available women will commonly do what is called the tap. It is performed by crossing the arms and then using the index finger to tap the forearm. A woman will usually do this as she scans the room. She may also perform this in accompaniment with the room encompassing glance. If she does this while looking at you, this can be taken as a desire for you to approach her and that such an approach would be welcome. The tap is

like an abbreviated finger motion (as in, "come here").

HER TEETH

Women tend to bare their teeth when they become aroused. There is nothing more exciting than a mouth full of teeth. Well, maybe there is! The point is that women who are aroused will have a larger smile and show more teeth. If however, she forms a pouting smile she is overtly asking for a kiss. Take the chance while you have it.



Lip puckering is a very obvious signal of attraction and is a particularly good indicator that she is prepared to kiss Dave. Her eyes may or may not be directed toward Dave but the signal is still the same. However, this cue should be used in association with other cues before any action is taken. Some women naturally pucker all the time, as they are trying to attract attention from men.

CHEWING RATE

When men and woman are aroused they tend to take bigger mouthfuls and chew faster. This likely occurs because they are both nervous and excited. The eye blink rate may also increase in tow with chewing rate. It really demonstrates an increased level of excitement as she tries to keep up with her senses so as not to miss out on anything.

TOUCHING YOU

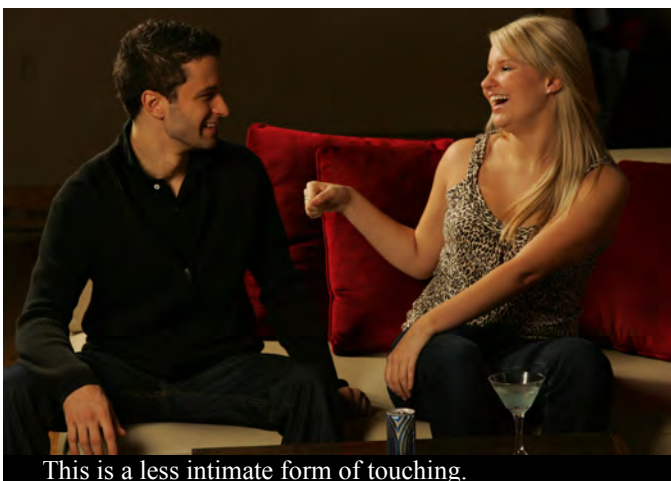
An interested woman will make a point to get closer to you. She may even get so close as to "accidentally" touch you. What she is trying to do is give you the idea that she is interested. Touching is often infrequent and almost always indicates interest especially when done by women. Accidental touching can be one of the most basic and risk-free signs a woman can give. People have their pride at stake and want to risk as little as possible when it comes to vulnerable situations such as dating.

There are a variety of ways that women can initiate touching. She might tap your forearm, hold your hand, touch your knee, or force your hand onto her thigh or lap. She might also touch foot to foot or touch you by forcing her breasts up against you, all of which occur "accidentally" (of course). All have the same effect. They signal interest in you.

Whenever someone touches you (not just as it relates to dating) it usually means that they want something from you. It could be anything from friendship, partnership, money, or as it pertains to a man and a woman, a sexual relationship.



Touching is always a good signal. You can probably imagine that Julie's next motion will be to move her head up and shift her eyes toward Mark.



This is a less intimate form of touching.

THE PAT



If at the end of the night you would like to know the degree of attraction your date feels toward you (if any at all), hug her. When friends and family ordinarily hug they do so by adding a pat to the back. However, when sexually

interested people hug, they rarely pat. The more she pats, the more disinterested she is on an intimate level. What you are looking for is a firm hug, but not hard, with no patting. If you solicit a non-patting hug at the end of the date then you can be fairly certain that she is interested in a sexual relationship and that she does not merely see you as a friend.



This is a much more intimate hug. Scarlett is entwined in Dave's arms and her chest is thrust against his. Much more interest is displayed in this hug versus a loose hug. She is even up on her toes to bring her head closer to his.

THE MOUTH

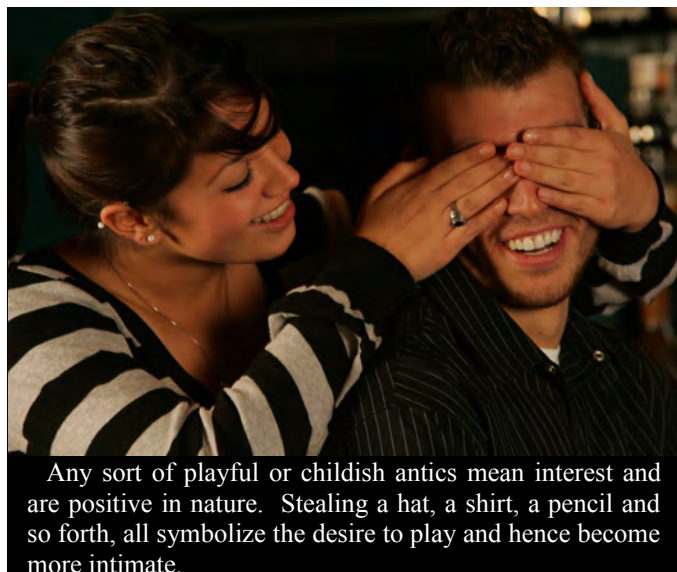


A woman might show interest by suggestively licking her lips, or eating and drinking suggestively. She may also lick or

suck a finger after eating something. She may also continue to touch her mouth or lips or pass her hair into her mouth and suck on it. Lip licking can be use in addition to other cues of interest. For example, it can be done in combination with a hair toss multiplying the power that each signal would have on their own. It has also been documented that a woman's lips will become larger and appear more full and swollen during times of intimacy. Blood rushes to the skin in response to an accelerated heart rate making the face appear flush. Therefore a flushed appearance or rosy cheeks are common for women who are aroused.

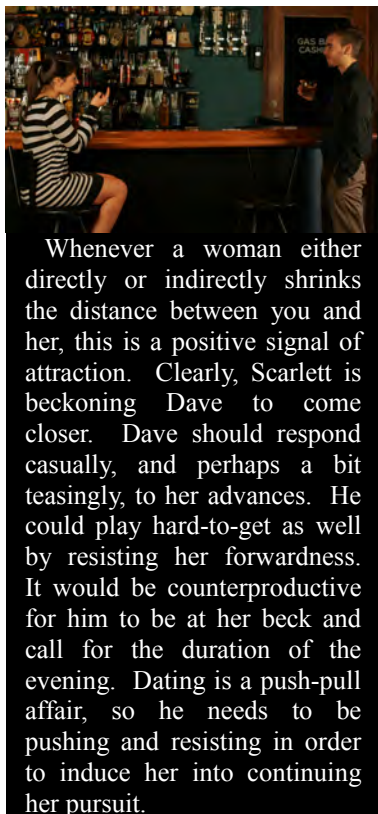
CHILDLIKE PLAYFULNESS

A woman may become suddenly childlike. For example, she could begin to tease or tickle you or sneak up from behind you and steal a hat or other belonging. She might also sneak up from behind and cover your eyes. Acting childlike is a demonstration that her guard has been let down and she is prepared to open up to you and your advances. It shows that there might be something more than just friendship between you.



Any sort of playful or childish antics mean interest and are positive in nature. Stealing a hat, a shirt, a pencil and so forth, all symbolize the desire to play and hence become more intimate.

PROXIMITY



Whenever a woman either directly or indirectly shrinks the distance between you and her, this is a positive signal of attraction. Clearly, Scarlett is beckoning Dave to come closer. Dave should respond casually, and perhaps a bit teasingly, to her advances. He could play hard-to-get as well by resisting her forwardness. It would be counterproductive for him to be at her beck and call for the duration of the evening. Dating is a push-pull affair, so he needs to be pushing and resisting in order to induce her into continuing her pursuit.

better test is to ask her to wait in the same seat for you to return. The longer she is willing to wait for you and perhaps hold your seat, the more she is interested. If as soon as you get up, she leaves or moves to talk to someone else, you can bet that she isn't all that interested and likely finds you replaceable.

You can check to see if a woman is interested in you by simply moving away from her. The least conspicuous way of doing this is by taking a small step backwards while standing. If she closes the space between you, this is a good sign. You can also test this at a party by leaving altogether and seeing if she tracks you down. Interested women have a tendency to suddenly appear next to or close to you. However, a

If she invites you to move closer than 18 inches then she is very interested in you. The 18-inch mark has been determined as the space most people define as intimate. Five feet, in contrast, is the casual space zone. Moving into someone's intimate zone can be done in full by taking a step forward or partially by leaning in with just the upper torso while in conversation. If she makes a point of sitting next to you, she probably likes you. An interested woman will want to shrink the distance between you and her. If you notice that a woman goes out of her way to sit next to you, take this as a strong signal that she wants to get to know you better.

SKIN SENSITIVITY



Scarlett is demonstrating another signal of interest. She is rubbing her sensitive wrist against her forearm.

If a woman is interested her skin will become more sensitive. This occurs because when a woman becomes aroused, blood rushes to the surface of her skin. She can show you that she is aroused by stroking various parts of her body. She may touch her neck, her face, her arms, and so on. She might also

display "object caresses" by sensually rubbing keys or rings, a drinking glass, and so on. A woman who is aroused will also touch and stroke her upper chest or her neck more often. Self-touching can be said to be the precursor to the touch of another. It is a display that a woman is mentally and physically "ready" to receive this sexual encounter.

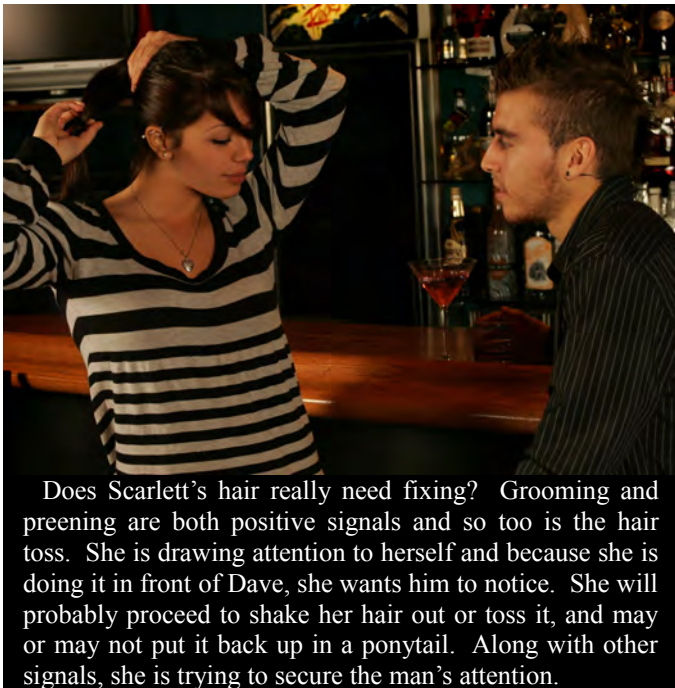
AVAILABLE WOMEN

Available women and non-available women (those in a relationship) all display the same types of body language when they find someone attractive. This is why body language is so universal; it occurs regardless of whether or not a woman is in a relationship with someone else and therefore reflects a woman's true attraction toward all men. Women who are not in a relationship, however, will display certain gestures and actions that non-available women typically will not. It is important to watch for these gestures so that you don't waste your time pursuing someone who is already taken. These gestures include having a flushed appearance or blushing in the presence of a man of interest, positioning toward the man, open postures such as palms up, and generally making attempts to get

noticed. She will also be more likely to isolate herself from her friends and will often appear alone. This has the effect of opening the door for an approach. Conversely, women who aren't interested in romance will clump up together to gain security in numbers which occurs fairly regularly in bars.

ONLY TOWARD YOU

An interested woman will direct the majority of her signals toward a man of interest by looking toward him as she performs the actions. A woman could be displaying all the signs of interest in the world, but if eye contact is not used to signal the intended target then they are meaningless as indicators. A way of testing this is by turning away slightly and then comparing the gestures she had before to her current gestures. If she reduces the amount of signaling she does but then resumes interest-posturing when you turn back to face her, then you can be more certain that she is sending them toward you and not someone else. Be careful though; some women may send signals to everyone in the room except the person they have the most interest in. Functionally, she is trying to make the approach jealousy driven. She might also simply be attempting to get back at an ex-boyfriend or may be a naturally flirty person.

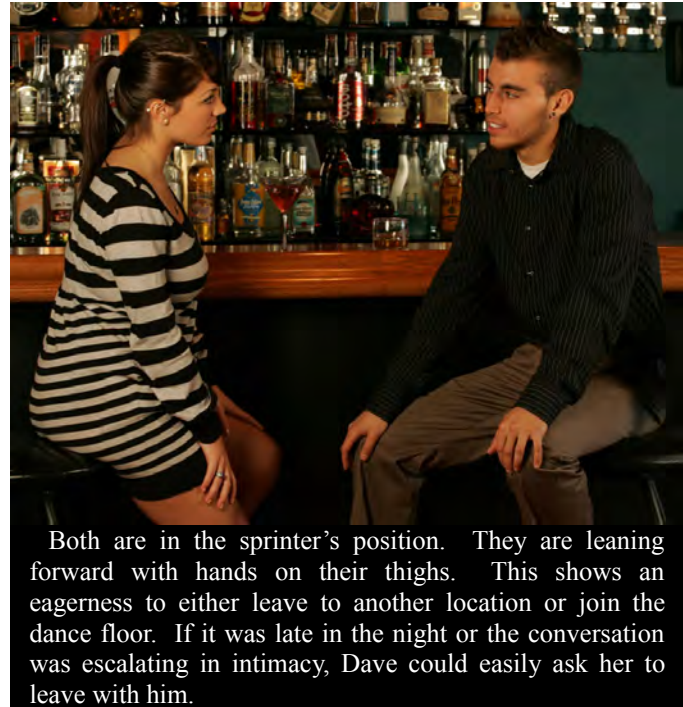


Does Scarlett's hair really need fixing? Grooming and preening are both positive signals and so too is the hair toss. She is drawing attention to herself and because she is doing it in front of Dave, she wants him to notice. She will probably proceed to shake her hair out or toss it, and may or may not put it back up in a ponytail. Along with other signals, she is trying to secure the man's attention.

SHE WANTS TO DANCE

If she is dancing in her chair, she will probably dance with just about anyone who asks her. If she has a smile and looks to be enjoying the music or is smiling and looking to the dance floor, take a chance and ask her to dance. Another appeal to take motion is when someone has their hands on the front of their thighs near their knees in a sprinter position. This indicates that the person is ready to leave. If the dialogue that accompanies the gesture is about changing locations, then you should feel confident that she intends to do so. However, if her arms and legs are crossed, she is probably fairly

content to stay where she is. Once on the dance floor, women may begin to mirror your dance moves, which is another form of flirting. This is the same thing that occurs during mirroring and echoing. Want to tell if she is interested? Mirror *her* body movements while dancing. If she quickly changes to other movements, and avoids synchrony and eye contact, then she's probably not intimately interested.



Both are in the sprinter's position. They are leaning forward with hands on their thighs. This shows an eagerness to either leave to another location or join the dance floor. If it was late in the night or the conversation was escalating in intimacy, Dave could easily ask her to leave with him.

THE RULE OF FOUR

The rule of four states that in order to be sure that another person is unequivocally displaying non-verbal sexual interest, four separate positive signals must be present simultaneously and they must be directed at you. A person who is simply sexually aroused might display one or a great variety of cues, but they might be generally directed toward a room and not at anyone specifically.

We must also be careful of signals that are evolving during the development of a new relationship. A woman might initially be interested in a man and give off positive cues of attraction, but once communication is established, she could change her mind and so change her postures. The impressions we make on people are continuously changing and so is the body language that people are emitting. Therefore, we must be constantly measuring interest and disinterest. We also must watch for mixed signals. Remember that body language is a representation of the unconscious and very often we deal with limited and incomplete information. I doubt that anyone would show attraction to anyone else if their full set of flaws were showing all at once and initially. Therefore, no signals of seduction by a woman will ever be foolproof and accurate as a representation of her complete impression of someone since the impression itself is incomplete. Impressions are fleeting and ever-changing, especially at the initial stages of a relationship. However, since body language occurs

naturally and instantly, we can gauge and watch the evolution of people's perception of us over time.



There are four signs of interest in this photograph. Julie has her neck exposed, she is displaying her wrist, she is making eye contact and isn't showing any closed body positions.

Just as we need to be mindful of positive cues, we also need to watch for negative cues. Keep an eye out for what scientists call de-courting skills, where the overall attentiveness of a person falls over time. The rapport between two people can change over the course of just a few minutes.

When it finally comes time to speak, it is essential to once again ramp up our mindfulness of what is going on non-verbally since things might change dramatically. Priority should always be given to subconscious body language over conscious words. For example, a woman who otherwise gives off positive cues and jokingly pushes you off saying, "get away," is probably just teasing you and really does want you to continue to pursue. A woman's true intentions are never quite clear, but body language can help uncover what is hidden to others and sometimes even to her. Humans operate on so many different levels and are very complicated. There is normally always conflict going on in our minds so we need to expect there to be conflict in the language we use.

A woman could be subconsciously struggling with interest and at the same time be in a committed relationship. Thus, she might give off some positive cues but be otherwise holding back on others. Conversely, she might have just come off a serious relationship and be thinking of the hurt she just experienced or she might be concerned with giving off too many signals and coming off too strong. All these factors will serve as confusion that will leak from the body. In other situations, women may find themselves drawn inexplicably to someone who they would normally find repulsive. Intellectually, there may exist many reasons to reject someone, however, subconsciously her mind might find something appealing. It is this struggle that makes for a great mix of signals and cues which makes

body language sometimes difficult to decipher absolutely.

CONCLUSION

Women use body language as a means to an end. A woman's goal is to have you approach her. On the other hand, she may wish to send a message of repulsion. In a relationship, women take the first crucial step by sending appeals to men to approach them. *You must take the next step.* Body language as it relates to attraction is very strong initially, but women will not continue to flirt forever. Over time, if the hint is not taken, she will back away from signaling, fearing that you are either taken or disinterested. If you are smart, you will get the hint on her first try. Women only rarely pursue men and you will find that as the lines of communication are opened, the cues of sexual interest such as hair tossing and preening diminish. These cues wane over time because their purpose is to *bring* a couple together rather than to *keep* a couple together. Once a couple is together verbal communication takes over and the nonverbal sexual body language becomes less useful. This does not mean that she has suddenly become disinterested; it just means that she no longer needs to rely solely on her body to communicate.

After she signals her interest with nonverbal body language she will expect that you will approach her to open a verbal dialogue. She will, at first, stay just out of arm's reach. The reason for this is that she can better assess how valuable she is in your eyes. The more you are willing to chase, she thinks, the better off she is and the more secure she can be in terms of your fidelity and desire for a long-term relationship. However, if after you start the chase she begins to use negative body language then think twice and back off. She may no longer be interested or you may be moving too quickly. A woman who is interested in you will rarely give off negative body language. She may stop giving you positive body language, but she should rarely present negative signals.

PICTORIAL ON SHOWING INTEREST



Overall, Julie is more interested than disinterested here but it is still ambiguous at best. Her legs are crossed, her left arm is blocking her torso, and her left foot is pointed away - all signs of disinterest. However, she is showing her wrist by playing with her ear, so there may be some moderate interest. She is definitely not doing the full body dance for Mark.



The conversation is going well between the two. Julie is engaged and interested as her head is cocked at 45 degrees. Her legs are crossed away from Mark so she is still somewhat reserved in his presence.



Here Julie is showing two cues of interest and two cues of disinterest. Can you spot them? The signals of disinterest are fairly obvious. They are legs and arms crossed. The interest indicators are her eye contact and most significantly having her head cocked at 45 degrees. From these cues, it may take Mark some time to open her up. He can gauge his success throughout the interaction by monitoring for open body positions.



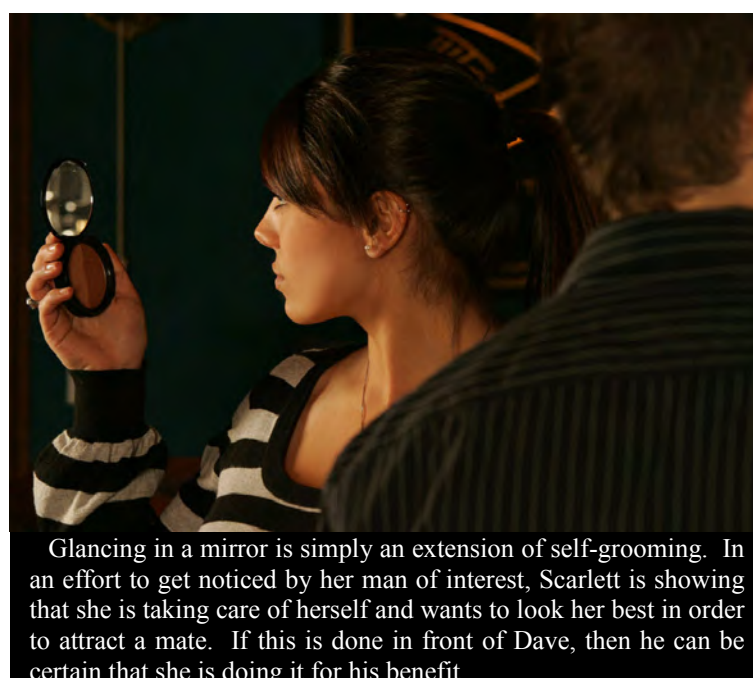
The conversation is going well between the two. Julie is engaged and interested as her head is cocked at 45 degrees. Her legs are crossed away from Mark so she is still somewhat reserved in his presence.



Drinking in unison and in between topics of conversation is a positive sign of interest. It is an overall part of the mating dance. Imitative body language is a way to establish a connection and, for both the man and woman, a way to test compatibility. It's a way for their bodies to connect without touching at all.



Playing with a piece of jewelry can be particularly seductive depending on how it is done. When a woman becomes aroused all her senses become heightened. This is partially why playing with an object becomes more pleasurable. It is a naturally flirty thing to do and draws attention to her neck and chest.



Glancing in a mirror is simply an extension of self-grooming. In an effort to get noticed by her man of interest, Scarlett is showing that she is taking care of herself and wants to look her best in order to attract a mate. If this is done in front of Dave, then he can be certain that she is doing it for his benefit.



Julie is making an advance on Mark in this situation. Can you tell why? Her body postures are all pointed toward Mark despite the fact that his are all pointed away from her. Mark avoids turning around completely. He is therefore making Julie continue her pursuit of him. Julie is giving off positive signals of interest which includes toes pointed inwards, arms open and leaning in toward Mark.



Julie is checking Mark out by looking seductively through her hair. She is giving him full rights to further the engagement.



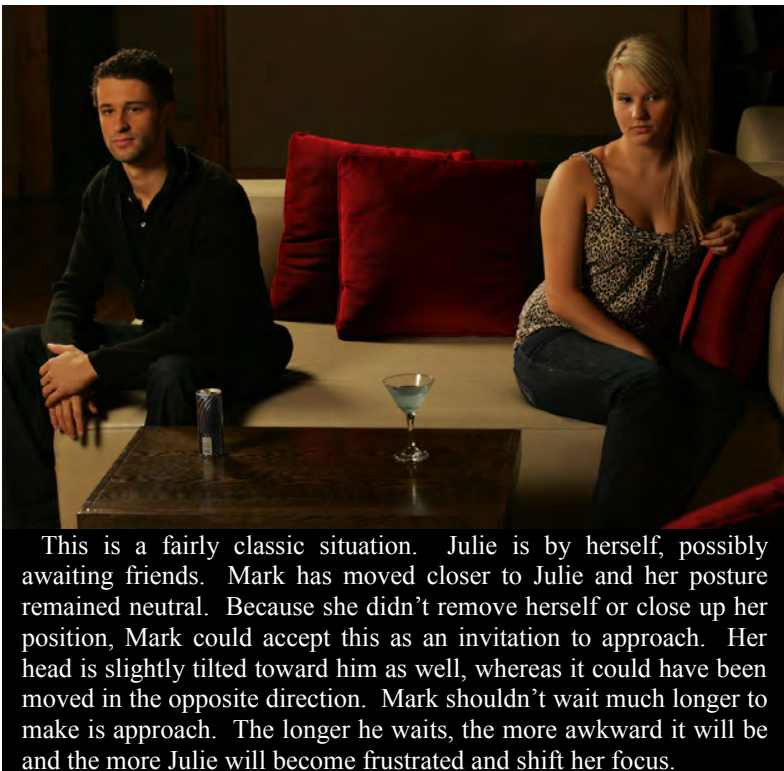
Touching in this way is an overt signal of interest from the woman toward the man.



Julie is looking toward Mark's crotch which is a sure sign of interest. Ever wonder about the symbolism of the tie? It points like a giant arrow to the genitals of the man. Julie has fallen for this trick.



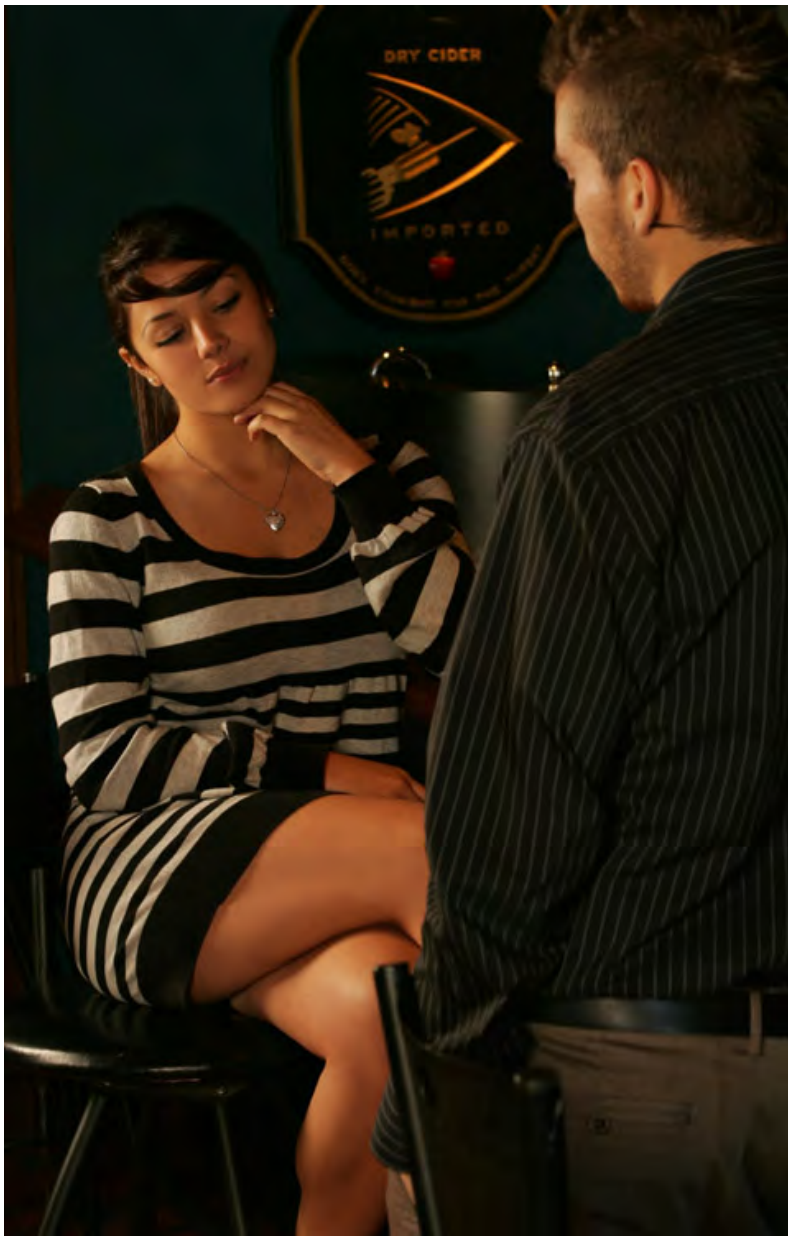
Julie is performing the neck display and is also stroking it with her hand. These are flirty gestures especially since she is close to Mark and is aware that he is observing them.



This is a fairly classic situation. Julie is by herself, possibly awaiting friends. Mark has moved closer to Julie and her posture remained neutral. Because she didn't remove herself or close up her position, Mark could accept this as an invitation to approach. Her head is slightly tilted toward him as well, whereas it could have been moved in the opposite direction. Mark shouldn't wait much longer to make his approach. The longer he waits, the more awkward it will be and the more Julie will become frustrated and shift her focus.



Julie is performing the neck display and is also stroking it with her hand. These are flirty gestures especially since she is close to Mark and is aware that he is observing them.



Here Scarlett is overtly checking Dave over. This sort of behaviour is more commonly performed by men, but as women become more empowered and liberated they have become freer to express their interest.



Scarlett is in a fairly comfortable position, but more so than that, she is showing interest by drawing attention to the space between her legs. She also shows some meekness by having her toes pointed inwards. She has put her entire body on display in this position and it is all as a show for Dave.



Grooming is a primitive signal of interest. Here, Scarlett picks some imaginary lint from Dave's shirt. Grooming could also take place by adjusting a shirt collar, fixing an out of place hair, or a multitude of other things. All are indicators of interest.



Seeing as how this is an initial meeting, Dave has met a willing partner. She is touching his knee which is an obvious and overt sexual signal. She is also leaning forward and practically forcing herself into him. Dave seems to know that she is into him at this point as well and is looking toward her mouth in anticipation.



Scarlett is for the most part displaying interest in Dave despite having her legs crossed away from him. She is showing great eye contact with a slight smile and is playing with her hair which is a sign of arousal. Her left arm is closed off however, but this is overshadowed by the grooming she is doing to her hair in combination with her eye contact. Dave is showing a confident and relaxed posture. When he is finished with his drink, he would be best to place it on the bar top and use his hands to gesture while in conversation. He could also place his hand on his knee where it would be in plain sight or use it to further the attraction with subtle and fleeting touching.



There is a mix of signals given off by Scarlett here. She is definitely comfortable, which is obvious because she is dangling one shoe from her foot. This shows that she is not in any rush or worry about making a quick exit. Her legs are crossed however, which is a closed body position that could show disinterest. She seems to be fairly slumped over and therefore disinterested, and is using her right arm to block herself off. Her left hand is playing with her upper chest, which combined with a blank stare on her face, is a signal of boredom. These cues could either be because she is not interested in Dave, the atmosphere, or is just having a bad day. Either way, Dave should do something to liven things up.



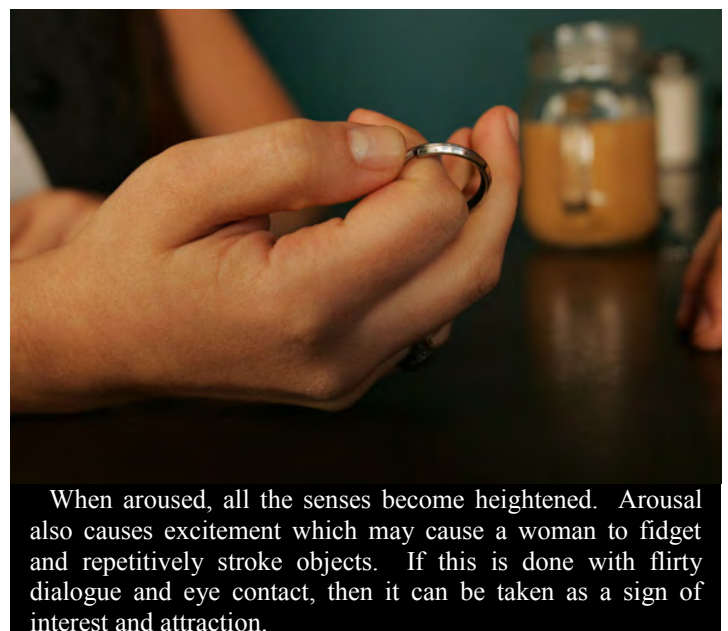
Even though the distance between Dave and Scarlett is casual versus intimate, Scarlett is using positive body language to signal her interest. She is playing the tease by exposing her upper thigh by pulling up her skirt and is combining this with eye contact.



Dave is slightly leaning forward in this photograph which shows interest, but could also show neediness if done excessively. If he was any more forward he'd be at her whim and this would be defined as pecking, just as a bird succumbs to his dinner by pecking forward. His hands on his lap show his willingness to get up and go wherever she pleases. This is akin to the sprinters' position. Scarlett, on the other hand, is showing signs of interest with strong eye contact and a slight smile. Most prominently, she has her legs crossed toward Dave which is another sign of interest. It is always important to take leg crossing in association with other gestures as often people have a leg cross preference. Scarlett is also showing some defensive postures as her arms are crossed. This is a way for her to protect herself from intrusion because figuratively it's a way to protect the vital area of the body - the heart and lungs - from attack.



Rubbing the hands is a universal symbol for expecting to receive something. It's figuratively similar to cleaning one's hands. It might also be a response to an increase in sweat production making the hands more itchy, which could be due to her sexual interest in Dave. Rubbing the hands can be taken as a signal of interest.



When aroused, all the senses become heightened. Arousal also causes excitement which may cause a woman to fidget and repetitively stroke objects. If this is done with flirty dialogue and eye contact, then it can be taken as a sign of interest and attraction.



Scarlett is showing positive interest here. She has all of her hair in her hands and has placed it on top of her head. What makes this more powerful is that she is continuing her eye contact with Dave throughout. To further her interest, she might turn her head at a 45 degree angle or else look at him over a raised shoulder with her body facing slightly away from him.



Dave seems a little awkward in this situation and this is made obvious by putting one hand in his pocket. This could be because Scarlett is showing interest demonstrated by her right foot. She has extended her foot into Dave's personal space. This is a subtle way for Scarlett to move a part of her body into Dave's space without actually having to overtly move her body forward. It is also a way of pointing to where she would rather be. There is some incomplete mirroring where her left hand and his right hand are up on the bar and fairly close in proximity. Scarlett could also add to the positive body language with some subtle and "accidental" touching.



Full mirroring is occurring here which is signaling interest. Mark has his left arm up on the bar and Julie has her right arm up. The same body position is duplicated in each, except in its opposite. This means there is a connection between the two of them. If either Mark or Julie were disinterested then they would modify their position so as to become different.



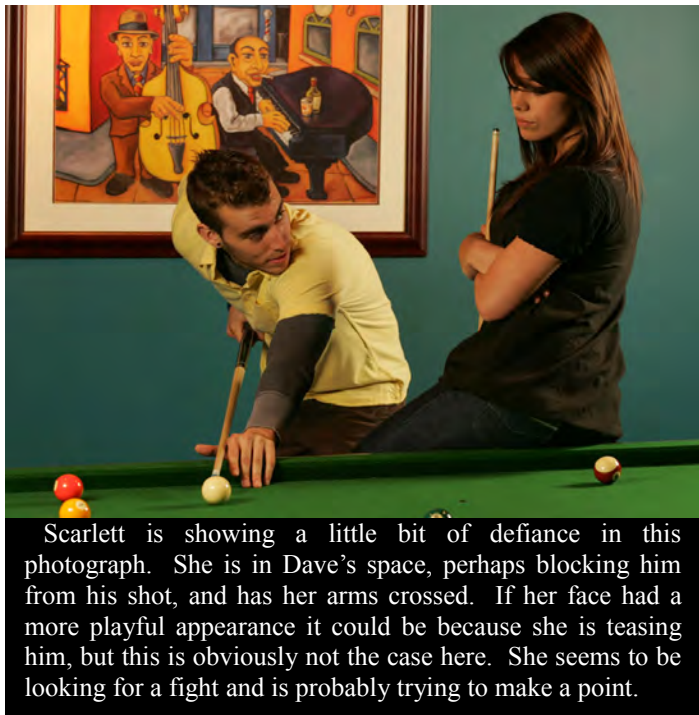
Touching in association with eye contact is a signal of interest.



Scarlett is showing strong interest by playing with the top buttons of her shirt. She could make this signal more obvious by leaving the buttons open and exposing some cleavage. Any grooming gesture is a form of attraction. It could be smoothing clothing, rearranging various articles of clothing, or rubbing the hands together (which is a symbol of getting ready to receive something), among others. For both men and women it's all about making one self look more composed and attractive.



A perfect body mirror is a sure sign of attraction. The mating dance has occurred when complete synchrony is established. This could happen anywhere from 15 minutes to 3 hours or more. More often than not, incomplete mirroring occurs when some, but not all of the body positions are adopted. Echoing is when the same positions are imitated but only after some time has passed.



Scarlett is showing a little bit of defiance in this photograph. She is in Dave's space, perhaps blocking him from his shot, and has her arms crossed. If her face had a more playful appearance it could be because she is teasing him, but this is obviously not the case here. She seems to be looking for a fight and is probably trying to make a point.



We look toward where we want to be. Scarlett has her hand in the cookie jar on this one. Dave should take this as a sign of interest.



Scarlett is trying to draw attention to herself. She might also be nervous and thus more active with her body positions. Stretching is something people normally do to relieve pressure, and in this case, Dave is causing her to become excited and tense. Her interest would be even more obvious if she motioned her stretching toward Dave by extending her arms in that direction. An acceleration of behaviour is a great positive signal that arousal and interest are present.



Showing the vulnerable area, the wrist, could be a signal of interest. Eye contact is also present.

USING BODYLANGUAGE TO GAIN THE ADVANTAGE – A FOCUS ON MALE BODYLANGUAGE

MAKING A GOOD IMPRESSION

Often, the lifelong impression we associate with others occurs after the first two minutes of interacting. Dressing for status is a good idea. Any woman interested in a long-term relationship will be looking for a man who has resources. One way to show this to the world is to dress the part. In all likelihood, she will analyze everything that you do based upon the idea she has made in her first impression. If you dress nicely then she will take you to be confident and if you dress for comfort, she will think you are a fairly relaxed person. If you are playing the mating game by looking nice you are giving yourself more leeway. She will dismiss a few of your negative attributes if you did not make a good first impression. This leeway might just be the advantage that you need to succeed.



Despite feeling a little bit awkward in front of the camera, Dave shows the proper body language. His feet are shoulder width apart or slightly greater than shoulder width, his hands are out of his pockets, and he is not using the bar or wall for support or comfort. He is saying that he is alright all by himself. The only thing missing in the photograph is someone to dialogue with. A buddy or group of women would definitely complete the picture.



We also formulate impressions of women based on their dress alone. We feel that women who dress provocatively are more overtly sexual. For some, this is true, but it is certainly not true for all. While we can choose based on looks which women we prefer to approach, we can also choose our dress to attract a certain type of woman. Above all else, dress in what makes you feel most comfortable and powerful. This will yield the best results. One might try to dress in clothing that doesn't reveal too much, but rather draws attention to what is hidden. For example, instead of skin tight jeans, which everyone would agree is far from fashionable, one might choose something that highlights a hint of the bicep or the broadness of the shoulders or whatever other feature that you have worth emphasizing.

It is important to differentiate between arousal and attraction. Overtly sexual clothing will serve to arouse interest from the opposite sex, but might not serve to attract them. Therefore, it is important to decide how we wish to be perceived. We might come off as a professional business person with a suit and tie, and in the right company, this will work nicely. However in others' presence, it could come off as uptight and pompous. Thus, it is important to dress in a way that suits the type of person we wish to attract and also the environment. First impressions are long lasting and difficult to shake. Your attire will also give off clues as to your ability to be a long-term desirable partner, as a lover, and eventually, as a husband or parent.

THE HUMAN ODOR

Our natural smell is unique and comes from various parts of our bodies. Smell comes from sebaceous glands under the surface of our skin that secrete oily deposits. Also a source of natural odor are apocrine glands located in the groin, armpits, mouth, eyelids, back of the knees, wrists, and palms. These glands release a chemical called androsterone in men, which is chemically related to testosterone, the male sex hormone. These chemicals are naturally occurring and men who avoid masking them entirely with cologne, but who are otherwise clean, will come off as more attractive than those who dowse themselves liberally with scents. This may partially explain the theory behind why men normally sit with their legs spread open since it

could be a subconscious tactic to allow the scent to be pulled into the air. If a man's natural smell is not right to a particular woman though, then attraction will not occur or will be hampered. Therefore, it is important to keep these smells in check and also fresh. This is easily done by daily showering which serves to wash away the old smells so that they can be replaced anew.

The most basic advice is to avoid wearing strong deodorants or colognes and keep well showered. This will have the effect of arousing her with your natural smells. Some women like colognes on men, but many do not. When women are attracted to men they are more accepting of their natural smells. Women are particularly attracted to the natural smells of men around the time that they ovulate. The problem with this is that women's sexual interest is also dependent on the level of commitment in the relationship, which takes time. Thus, it is best to keep all smells to a minimum especially during the early stages of the relationship so try using non-scented antiperspirant over scented deodorant or cologne.

WORKING ON YOUR SELF-CONFIDENCE

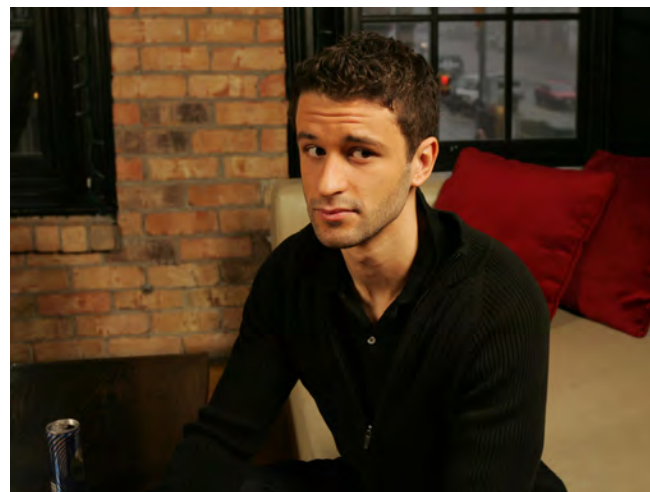


Are you comfortable in your own skin? Are you okay with your own thoughts? These are some of the key issues that will arise when it comes to attracting a mate. Taking the time to think about who exactly you are is a key part of becoming attractive to someone else. Being honest

with yourself is also a factor here. It is apparent to others when you are unsure of your own beliefs, or further to this, aren't particularly accepting of yourself. Great confidence comes from examining and accepting your true self. Self-confidence is normally rated very high in terms of attractiveness by the opposite sex. If you practice hard enough, you'll probably be able to temporarily fool people with confident body language, but at some point, in order to have a constructive relationship, you're going to have to face all the buried feelings you have about yourself. It's never too late to improve yourself and there are plenty of ways you can do this. Being a complete and well-rounded person is a lifelong project, and simply by embarking on such a process, you will become more appealing to the opposite sex.

APPEARING RELAXED AND CALM

Men who have their affairs in order are calm and relaxed. They are at ease and aren't jumpy. In social situations, they appear to be in control. Their arms and hands are in front of them and they aren't fidgeting. Some body postures you should avoid are: raised shoulders as if cold or scared, a wrinkled forehead, tightened facial muscles or eyes that appear wide open. Less dominant males have their eyes open wide, looking around the room nervously and appearing like they don't belong. The more novel the social situation is to such a male, the more pronounced his negative body language will be. This sort of man comes off as meek.



This photograph illustrates how some feel in a novel environment. Mark's face is tensed, his eyebrows are crunched up, and overall, he looks nervous. It's plainly obvious that he isn't comfortable at this location. He would be best to relax his posture and facial muscles. Women won't take well to this look.

When new people enter a room, do you jerk your head to see who it is? This is a bad reaction. Instead you should slowly look left or right and simply observe what is going on around you. If someone calls for your attention, turn slowly to face them instead of coming off as far too eager to please by whipping your head around. Make all your movements deliberate and move in a controlled fashion. Instead of playing with your face and scratching all over your body, make movements more planned and minimal. Unnecessary movements should be eliminated. The idea is to come off as a sort of alpha male but without all the negative connotations associated with it.



Other things to avoid are: fidgeting, playing with your hands or your napkin, shredding the label from your beer bottle, pacing or moving about in your seat, holding your hands awkwardly or making a fist, sitting on your hands, or holding your hands too still. When walking, also make your movements

planned. Don't run about, instead glide from place to place. You should exude confidence.

When speaking, do so slowly and deliberately. People who speak too fast are worried they will be cut off. You'd be surprised how much more people stop to listen to what you say when you speak minimally and with purpose. Dominant males aren't concerned about being cut off by others; their time to speak will come. Also avoid qualifying yourself to others unnecessarily or excessively.

You will notice that if your body language is most dominant all others will focus their body language toward you. If you also engage others and encourage them with eye contact and intermittent nods of approval, they will continue to speak to you and others in the group will submit to you as well.

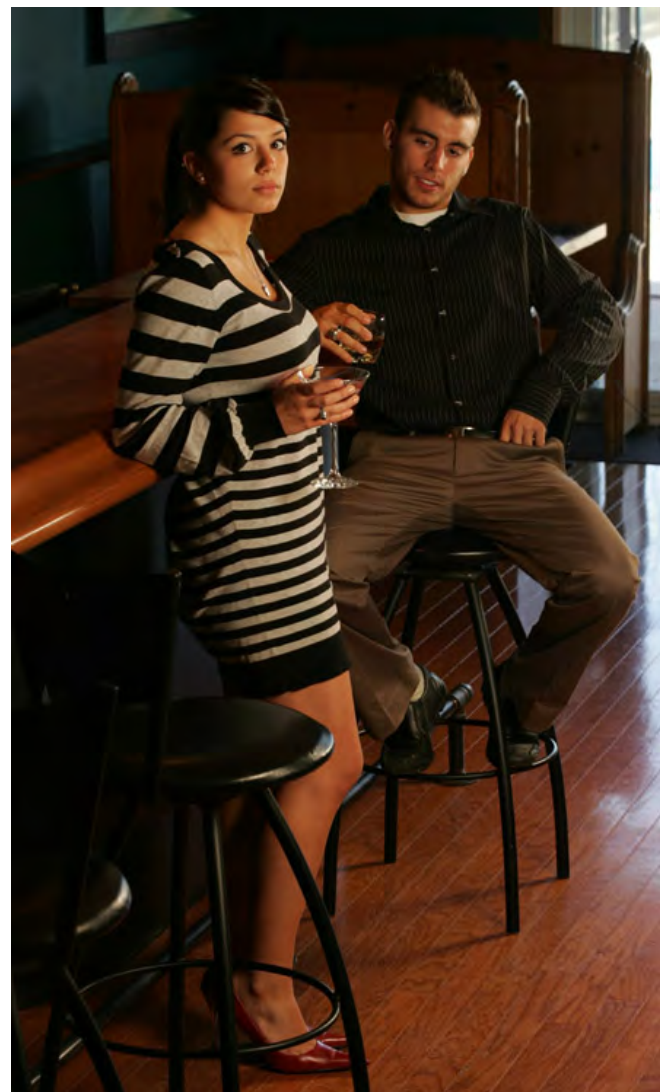


Touching the face, fidgeting or playing with your hands or clothing, is never good. Avoid these gestures as they make one seem uncomfortable and out of place.

THE ANNOYING ALPHA

Some men might become overly concerned about coming across as the main alpha male. However, for most men, this simply won't happen and neither is it necessary. For example, an alpha male will be the one to take up the most amount of space, really spread himself out, and appear loose and relaxed.

He might also become boisterous and order people about. In reality, these men are simply making up for a lack of true confidence and are applying a mask to their personality. Taking up more room than necessary appears far more cocky than confident. The idea is to tread on the razor's edge between the two. Thus, you want to have some characteristics that an alpha male does, such as good posture, taking up (some) space, good voice tone, and so forth, but avoid things like taking up too much space and being too loud and overbearing.



In this photograph, Dave has the right idea but is using it on the wrong woman. He is comfortable enough to take up space with his body. His body is completely open and he is acting like a dominant man. His legs are wide, his arms are open, and his head is cocked. His gaze is all wrong however, as he is giving Scarlett far too much attention. He is also giving her the up-and-down which is a big turn off for women. In reality, Dave is putting Scarlett off because he is treating her like an object. Even though Scarlett isn't directly looking at Dave, she is subconsciously aware of his glare. She avoids his eye contact altogether and if Dave continues to stare, she will most likely leave the area altogether. Her gaze might also be toward another man hoping to be rescued. If her gander was toward you, and if she added a 45 degree head turn then looked downward, you would be advised to steal her away.

We can all recall our first days in a nightclub where everything looked and felt so foreign. Where all the dudes lined up at the bar looked scary with evil grins, leaving no pathway for you to get to the washroom or order a drink. These sorts of people are angry at life in general. They are also the type of people who hang out at the bar every week and

are always sporting the same look on their faces. They are what's called, "lifers," because their life starts and ends Friday and Saturday night at the club. They don't really care about having any fun or even being social, they are just there to check out the women and make life hell for anyone trying to improve themselves. Please don't take their attitude as an example of what to do. You don't need to come across as a muscle bound villain to be an alpha male. These behaviors are not attractive to the vast majority of the quality women in bars either. Be the nice guy who builds people up instead of tearing them down. Be the one who makes people laugh and leaves them better off than before they met. I suppose the alpha male is the extremity of all characteristics that are defined as male. However, they are all exaggerated in a bad way. Don't be afraid to hold some characteristics that are defined as female as well, such as being open to conversation, being social, and being nice. While some will say that nice guys finish last, this isn't entirely true. Women do want a nice guy, but they want him to be somewhat hidden under shreds of maleness.



This is a relaxed body position, but not a dominant one. Mark is using the bar for support and has his arms somewhat crossed. This is a fairly common posture for men who tend to end up as "wallflowers" for the majority of the night. Instead of holding this position for too long, he should move about the room and socialize with others.

RELAXED BODY POSTURES

Keep your hands and arms open and relaxed. Most of the time this means having them about 18 inches or a half-meter apart, your palms facing each other, with fingers curved slightly upward. Also avoid slouching, leaning back, or being hunched over. Appearing too rigid or stiff is not good either. Take a few deep breaths and exhale while thinking positive thoughts. Avoid tensing your hand, clenching your jaw, or wrinkling your forehead.



Mark is displaying perfect body language here. He is relaxed, leaning back and away, with his legs slightly spread. He is showing that he has high value and is entertaining Julie with his conversation. Because he is leaning back, Julie is forced to lean forward to engage him, and because she is doing so, it's a signal of interest. She is also playing with the stem of her glass which adds to her indicators of interest.

KEEPING A POSITIVE SPIRIT

People have a keen sense of your inner being. If they suspect you are not welcoming their ideas or the situation, they won't open up to you. It is important to convince yourself that you are in a good, positive mood. These thoughts will leak into your gestures and people will see it and be attracted to it.

SLOWING YOUR SPEECH

Talk more slowly and deliberately. It is not necessary to speak quickly and at length. The less you say the better. Rambling on will only create problems because inevitably your mouth will go on faster than your brain and you'll end up saying something you will regret. The "strong silent type" definitely rings clear here. Speaking in a calm voice demonstrates confidence. It shows that you are not concerned that someone is going to cut you off and run the show. Speaking less frequently places more importance on fewer words so be sure to select them carefully.

TONALITY

At least 30 percent of what people take away from what is said is directly related to the tone with which it is delivered. Shouting or using abrasive language can make even the most thoughtful compliment come across as negative. Just look at what happens when people use sarcasm. The sound of the voice is very important in seduction. We all make assumptions based on the speed, breathiness, and muscularity of the voice including how sexy it comes across.

Speaking in a soft voice can mean that one is self-conscious or nervous, but on the other hand, a loud voice can come across as overcompensation. Using the right volume based on the setting is very important in giving women the right signals. This is where projection comes in handy. Projecting is the action of making your voice carry to your listeners no matter what the situation. A well projected voice will communicate strength and confidence and is particularly useful in loud settings such as bars and nightclubs. Also, don't be afraid of pauses in the dialogue where applicable. There's no need to continuously fill the air with unnecessary words or permeate conversation breaks with fillers such as "umms" and "ahhs." Allow the woman you are conversing with to add her own dialogue. If she is an unwilling participant in the conversation, then so be it. If you've given her plenty to talk about and shown her interest, but she still doesn't reciprocate, then perhaps she really is boring and not worthy of your time. Other pitfalls to avoid are speaking or laughing nervously and long bouts of monotone conversation. Most men normally speak in just one tone, but you shouldn't be afraid to shift your tone up and down to show excitement and hence that you are exciting. Women use inflection and change their pitch to show excitement in their speech far more frequently than men. It's not a bad thing to add a bit of dynamics to your dialogue.

THE POWER OF THE SMILE

A lot can be said from an initial smile. Smiling is universal. It is a sign that no threat is present. Flashing the teeth in this way is a hardwired greeting between strangers. There's no need to smile excessively though and so appear needy. I would recommend only a full smile at the beginning of communication so as to avoid appearing fake. So, in the initial few seconds, show a big smile then drop the smile and resume dialogue. You can also add a smile intermittently as the situation warrants. Holding a steady and persistent smile may appear fake and anxious.

Smiles can mean a lot of things, not the least of which is happiness and fear. Yes, we do sometimes

smile when we are scared or even stressed, sometimes even when we are caught in a lie. However, smiles also show confidence, optimism, and hopefulness. They send out a glow and can be incredibly infectious. But how do we tell if a smile is genuine? Let's first begin with an insincere smile because it is easier to visualize. Most often the dead giveaway for such a smile is its asymmetry. The smile is one-sided, is frequently exaggerated, and held fixed in position for longer than normal. The lower lip will move less than the upper, as if it is frozen in place, and most importantly, the eyes will not correspond with what the mouth is doing. An honest smile is a full smile and it involves more than just the mouth. The eyes smile too, causing the skin around them to wrinkle in the corners. The next time a woman smiles be sure to check for a full, even smile to verify her true feelings. Pay particular attention to her jaw which should be unclenched and her eyes which should act in unison with her mouth to form the smile.



Something that stands out right away in this photograph is that Dave is covering his mouth and seems to be hiding something. His left hand is also pointed nearly palms up so he is trying to offer something in his speech. Far too often people in awkward situations speak with their hands up on their face, touching their face, or covering their mouth partially or completely. It gives everyone else a poor impression and makes one look out of place.

Men smile far too little. Many walk through life with a begrudged look on their faces, angry at the world, which is especially true at a bar or nightclub. Too often we see all the stone faced alpha males seemingly looking for fights at worst, or at best as if they are trying to protect their "women" from being taken by other subordinate males. Laughing, smiling, and having a good time is generally a turn on for women. Don't be afraid to hold a big smile

and show it off. Use positive thoughts and allow them to be expressed through your body language.

Try smiling at random women as you go through life and see which women respond favorably. While nothing may result immediately from such an event, future encounters with the same women, may lead to something more productive. Smiling happens rarely for the most part while walking around because it usually occurs in association with something positive in our lives. A trick to smiling more often is to think of an enjoyable thought and keep it on your mind as you walk around. Smiling is a good indicator to others that you have a pleasant disposition and that good things happen to you. These are desirable traits in a mate and women will be drawn to those who smile.

EYE GAMES

If you are looking around the room and you notice a woman you are attracted to and she meets your glance, you must respond correctly. Start by breaking your eye contact by looking down instead of to the side. Downward eye aversion shows the woman that you are not aggressive. If you look to the side then you are telling her that you are merely scanning the room and aren't interested. The reason for this is that we typically scan rooms horizontally. So if you continue past your object of attraction, then she will assume that you aren't interested. What you want to do is avert your gaze downwards as if to say that you have been "caught" looking at something you should not have been. Looking down is akin to an admittance of attraction. If, on the other hand, you do not break the contact at all then you are sending a dominant or aggressive display which will not be attractive to the opposite sex. An exception to this occurs when a woman is particularly interested in you as she will naturally avert her gaze by looking downwards much quicker than you. In this case you aren't averting your gaze at all, because she is doing it for you. Avoid staring at women for long periods of time or stealing glances with sideways eyes.

The next step is to scan the room again and meet her eyes. This time, spend a couple of seconds scanning her face. Be careful not to scan too much though as women do not enjoy leering. Many sexual harassment cases have ensued from extremes of such behavior. Step three might include a few more scans to meet her eyes followed by lowering them. You can then add in a more full-face scan. Most face scans last about 3 seconds and occur as the eyes move around the face. If you prolong this then you are sending an even stronger signal. Proximity by which this scanning takes place also affects the strength. It is something that is fairly difficult to do at a distance greater than 5 feet because there is little detail to discern. Thus, this gesture is best

done at a fairly close distance. If the woman reciprocates your face scans, then you should feel free to approach her. If she adds a couple of smiles and some other signs of interest you should have even more confidence in her attraction. As you approach a woman initially, be sure to catch her eyes. If she scans your body up and down and forms a small smile then she is sizing you up in a good way. This final scan before you approach is essentially going to represent her "first" impression of you and it will most likely determine the pretense by which your conversation will be evaluated.

When a woman scans a man, she spends more time on his face than any other part of his body. She will scan his eyes and mouth for the majority of the time. She will also be looking for overall build, his hair, clothing, and shoes. Thus, it is important that you keep proper hygiene and be conscious of attire. A nice pair of shoes would not hurt either.



When playing the eye game, you might be caught in a period of mutual gaze. You might find that you are stuck in a "freeze" wherein you are both unable to look away. This is described as a fear response and shows that you are both not going to act aggressively toward one another. If you

find that a woman exhibits this freeze response you can be sure that she likes you. Staring is commonly used as a way to intimidate rivals except as it pertains to intimate couples. Thus, any prolonged eye scanning or starring by a woman at a man can usually be taken to mean that she is attracted...or wants to kill you!

When a woman is attracted to a man she will often fake that she is indifferent to the contact you have made. Women do not want to send too strong of a signal. After all, she wants you to "dance" for her. Women don't want to come off as being "easy," so they only give subtle hints. To her, there is no middle ground; she is either coming off as promiscuous or non-promiscuous. If she is looking for a long-term relationship she will not be giving you the whole body dance that you might come to expect from reading the extensive list of signals in this book. She only wants to give you enough nonverbal communication so that you get the idea. She will then step back and wait for you to chase.

EYEBALL ASSAULT

Women are especially turned off by men who commit “eyeball assault.” Do not be one of those men. Try not to be too aggressive with your looks. Women are usually not attracted to this. Try to resist doing the old “up and down” no matter what she is wearing. She may be wearing sexy clothing to get attention but any man who is high in social rank will not fall head over heels for any woman, no matter how alluring. Good looking women are fairly common and easy to come by. What is rare is a nice personality to go along with the beauty. Men should play this card against women to test their true value as a potential mate. You will want to display to her that you can get any woman you want. By doing so, you raise yourself to her level and in turn increase your chances of getting her. Rather than assault her with your eyes, admire her in the way that she wants to be. It is painfully obvious to women when men assault them with their eyes. They know that you are staring at them and it is offensive and dehumanizing. Any man who is truly interested in a woman will have more tact than to offend her. While you may think that your glances are incidental, a woman will attach an emotion to your stares and will be cataloguing them for future reference. When and if you finally approach her, she will refer back to the initial impression that you made on her. Hopefully this first impression wasn't of you leering at her from across the room. Also avoid looking down in intimidation. Keep your head up and focused on or about whomever you are talking with. Looking down is a childish posture and used to submit to more dominant people.



Mark is showing some good signs of opening up and this is causing Julie to open up as well. His palms are upward and gesturing and this has led Julie to start to play with her hair as a sign of interest. Mark is still showing a bit of timidity though with his legs crossed at the ankle. He'd be better served to have them separated at around shoulder width. Julie is still not completely open to his advances which is evident because she has her legs crossed and her arms are partially crossed as well.

GAZING INSTEAD OF STARING

The best gaze patterns when talking to someone are those which are composed of short looks with intervals of three to five seconds in between. You

may increase this to every two to three seconds as interest develops. Gazing is another special talent perfected by women and not easily accomplished by men. A gaze is a non-intrusive gander toward the opposite sex whereas a stare is a full on assault. Gazing requires a projection of emotion onto the subject at whom the gaze is directed. A man who can master the gaze will be able to bring women closer to him without using words at all. A gaze is a sort of admiration of the person receiving it.

ONLY HAVING EYES FOR HER

This is a common mistake perpetuated by almost all men. While already with a woman, a man uncontrollably continues to scan the room to check out other women. While such games can be effective during an initial meeting and negotiation between two people not yet in a relationship, it does nothing to raise value in the eyes of women after such negotiations are set and a couple is formed. During a date or relationship, you will want her to think that you only have eyes for her. You want to show her that you are monogamous and will give her and only her all your resources. The last thing you need to do is give her the impression that you are interested in other women. By casting your eyes in the direction of other women it is as if you are saying that you want your body to be there too, instead of where it is now. Do not give women that impression. If you do, then you would be better off heading in the same direction where you sent your eyes. At least that will be what the woman you are with will be thinking (if not telling you).

THE PEEK-A-BOO GAME

This technique can be used by both men and women. Peek-a-boo is played in much the same way as kids play it, in a slightly more sophisticated manner. You can do this across a room with another woman by using objects such as menus, drinking glasses, or with people walking by. This game, if done properly, will function to arouse women. It teases them. It is as if the eyes, when finally revealed, are made better by their absence. Two people who are attracted to one another often do this at a distance. You can imagine two people in a crowded bar, each having noticed the other. As they evaluate one another by scanning over them, sooner or later their eyes will meet. Then someone or something will break the visual contact between them. Curiosity will take hold and either the man or the woman will shift to reestablish the sight path and their eyes will meet again. This form of flirting is what most people would call love at first sight. It is a connection that is created with no words at all and it sets the stage for courtship. Normally the players of the game will feel a sense of exhilaration especially when they are caught eye-to-eye. It can send a shockwave through the player's bodies and

cause the woman to blush, smile, and perhaps giggle. If you notice that a woman is playing the game with you, then she is probably inviting verbal contact. It can also be played with various body parts. For a woman it can be done by flashing skin through a slit. Arguable this is why slits are particularly seductive. It can also be done by unbuttoning and re-buttoning a shirt or collar. Ultimately, it is a form of teasing and can be very seductive.



Peek-a-boo can be played by either of the sexes. Parting hair a certain way or looking at someone of interest through hair can all create arousal. Menus and drinking glasses are no exception. It seems juvenile to think that this happens in grown adults, but it really does when two people fall in love with each other.

THE EYEBROW FLASH

When we first see someone we are attracted to, we give them a quick eyebrow flash. If the person of interest is attracted to you, they will return the flash. Watch out for this. This form of interaction is one of the most common in the human species even more so than the smile. This also means that it is an extremely good signal of sexual interest. If you have never noticed this before, don't be surprised as it only lasts about a fifth of a second! It is hardly ever a conscious action, but it is universal in humans and happens all over the globe. You can test this out by delivering a prolonged eyebrow flash for up to one second and see what happens in return. If, on the other hand, a woman wishes to thwart an eyebrow flash advance she will reciprocate with a downward pull of the eyebrows in a sort of frown.

THE HEAD DROP

This is a somewhat risky maneuver but it can work if done in the right circumstance to a receptive person. It is done by meeting a girl's eyes, then dropping your head to the side and giving your head a sharp toss to the side as if to say, "Hey you, come over here." It can also be done with a come here motion of the finger. It is ballsy, but also fairly low-risk, because if a girl rejects the invitation, she will

do so from a distance and the entire interaction occurs nonverbally.



The head drop is performed when you use your head in a "come here" motion. It can be very powerful since it takes a fair amount of self confidence to pull off. For this to work, you will need to establish eye contact and be certain that she will be receptive to the request. It can also be done by using the finger in a come here motion.

HIDDEN MOUTH

Not covering your mouth is important. When you laugh and talk, you are sending out a lot of information about yourself. Women appreciate it when you have nothing to hide. If you hide your mouth you are in essence hiding the truth and this is normally perceived as a form of cover-up to lying. People with nothing to hide and with high self-esteem will not cover their mouths. Most women believe that a relationship should be built on trust and honesty so you should convey this by having your palms up and visible away from your face. For some people in certain situations it makes them more comfortable to lean on their hands or to have a hand up or around their face. However, this shows that you are not a person of status and aren't comfortable.

POINTING TO YOUR CROTCH

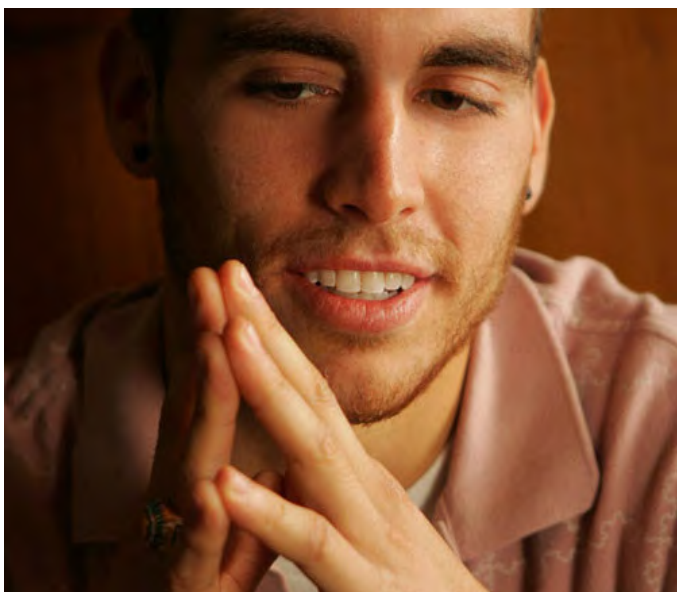
By pointing in the direction of your crotch you are suggesting in that direction. When you place your hands in your pockets, under a belt loop, or place them on the inside of your leg you are saying the same thing. I am interested in you and you should look here. You can draw someone's gaze anywhere you want just by pointing. You might also point by placing one or both hands on the hips or you can use one or more fingers to do the pointing. Some women will detest this posture, so use it with care. Women in relationships will tend to hate this posture the most because they are already committed to someone else.



By putting his hands in his belt, Dave is using a classic dominant body position. He has his thumbs hooked into his belt with the remainder of his fingers pointed downward, drawing attention to his crotch. Susceptible women will fall for this tactic by looking in this area. Scarlett has fallen for it and is definitely smitten with Dave.

STEEPLING

When a person steeples (forming a bridge with the fingers meeting at the fingertips) they are in essence saying: “I know something you don’t.” If you are to be completely honest (something that women want) you should not seem as though you are holding information away from them. So, in essence, do not steeple! Steepling is a great move for bosses and poker players though. The higher you show your steeple the more confident you are about your position. Some people even steeple so high that they have to look through the steeple to see anyone else. Donald Trump is fairly famous for the steeple and does it regularly.



Dave is doing a full steeple. It is a bridge formed with the fingers meeting at the fingertips. This body language says that he knows something that no one else does. It is a dominant position and you will often see people do this in business situations. It is generally not a good signal to give off in dating. The higher the steeple, the greater the affect it has in convincing people that you are smug or a “know-it-all,” even if just subconsciously. Some can even go so far as to look at people through their steeple as their elbows are propped up on a desk or table.



This is a half steeple and is more subtle than a full steeple. The sender of this message is saying that he isn’t quite as smug and doesn’t know quite as much as someone with a full steeple, but he still knows more than you. If you find yourself doing this, stop immediately and move onto more open and accepting body language such as palms up or neutral body language such as palms down but visible.



This is the most subtle form of steepling. It is a relaxed position and not as offensive to others as the full or half steeple. It is not an open body posture, but it is still fairly acceptable.

FULL BODY STEEPLE



If you are in the habit of leaning back and placing your hands behind your head, you will have to stop. This is a dominance display and can be particularly offensive to people. Acceptable dominance displays might include leaning back further in a chair or leaning away from someone as you speak. Some give-and-take is in order for dominance displays to be effective. During an initial meeting dominance displays can be great to set the tone and to establish some value in the eyes of a woman but once this connection is made, it’s best to drop the displays or use them more tactfully and sparingly.

THE PLANES OF THE EYES

Keep yourself at eye level if at all possible. When you elevate yourself, you elevate your power over someone. If she is sitting, get down there with her. If she is standing, by all means stand with her. The point is that you cannot dominate a woman if you are to attract her in a sexual manner. The idea of dating and attraction is to break down the barriers of intimacy between two strangers and avoid displays of power over one another.

OPEN POSTURE – OPEN MIND

Keeping an open body position is important to demonstrate a willingness to court since dating requires an open mind. Palms up, arms uncrossed and legs not crossed together represent a position of openness and acceptance. Having an open body is like having an open mind. Throughout an interaction your arms should be moving in synchrony with what you are saying. Your legs should be parallel or slightly apart, though generally one leg crossed over the other and bent at 90 degrees is acceptable as an open position. An open posture also means that you are looking around at other people or the person you are speaking with rather than looking downwards or away. An open posture also means that your clothing is loose and relaxed, meaning it's not buttoned completely to the top unless the environment warrants such a strict dress code. Removal of a jacket can also signify openness. With these signals you are demonstrating acceptance, and that you are a passive threat. The reverse means you are closed off and unwilling to be open with another person or their ideas, which makes for a poor partner. Closed body postures are often seen by women as a turn-off, although there are always exceptions to the rule.



Because Mark's arms are open instead of crossed, he is able to use them to appear larger and also to perform random touches. In this case, his arm is in a position for Julie to initiate touching as well. Julie's focus is entirely on Mark, with eye contact and arms and legs uncrossed.

THE HANDSHAKE

When shaking hands, keep this in mind: the best handshakes last about five seconds, are firm (not hard), and are made with a dry palm. You might also add a smile part-way through the handshake. You can increase your smile toward the end and add a slight head tilt. When shaking hands, a slight forward tug, or an increase in the duration of the handshake can signal attraction. You can also increase mutual attraction by leaning forward as you shake hands.



This is a very intimate handshake. In performing this handshake, Dave is pulling Scarlett into him slightly and Scarlett is cooperating nicely. She has an erect posture, her legs are open, and she even has her left hand reaching for her lap to steady herself so she can move into Dave even more. On a first introduction, things look good for Dave. If one is keen on the study of body language, they will also notice that she has puckered her lips, which is a signal that she may be interested in a kiss at some point throughout the night. Her eyes are also cast toward his face, and quite likely at his mouth, furthering the intimacy.

Researchers have found that dominant people normally shake hands with the palm facing down. That is, they like to have the upper hand when it comes to the handshake. Since the handshake is a first impression, these connotations can lead to the belief that a person might have either a dominant or subordinate personality. This can be good or bad, and really depends on the woman you wish to attract. It's best to have your hand perfectly vertical when preparing to shake a woman's.



Dave is performing a really bad handshake which will set the tone for the next few minutes. His hand is loose and weak and his hand is turned over palm down. Normally palm down indicates superiority but in this case, since it is so loose, it does not.



This is a much better handshake. Both hands are vertical which indicates that each party is equal. Had Dave used either palm down (superiority) or palm up (inferiority) it wouldn't come across as nicely for a first impression. Handshakes are best at about 5 seconds long, firm (not hard), and with a dry palm. To increase the intimacy, Dave might make the handshake last a little longer than normal.

THE FIRST TOUCH

The first touch is often hand to hand. To initiate this first touch you could begin by walking side by side with arms at the sides. You can then “accidentally” touch the back of her hand with yours. If she does not remove her hand by placing it in a pocket or across her body or use it to hold a bag then you may take this as a pretty good sign that she is interested in holding your hand. One study showed that women are far more likely to show the first fleeting touch. So if you are patient and smart you will wait for her to give you this signal instead of rushing it on her. If you come across too strong you may scare her off, possibly for good.

There are also techniques to initiate touching, and they stem from being able to make touching casual and unforced. While speaking to a woman at a bar, it could be by placing a hand on the side of a woman's arm. Keep any touching brief rather than prolonged until the woman begins to reciprocate or else shows signs of opening up. It would not be

uncommon to come off as creepy to a woman with prolonged or random touching. Keep initial touches short, deliberate, and fleeting, and in association with conversation. One might touch, for example, to emphasis a point or to fix a visible tag or remove some lint from a shirt, and so forth. Finding excuses to touch can send a strong message of interest and begin to build attraction if done correctly and tactfully.



Mark has overshoot Julie's boundaries by touching too soon. Touching, when unwelcome, is difficult to recover from, so it is best to allow the woman to indicate strong interest before initiating. Since her arms are crossed, they were more than likely crossed before Mark made his move. He should have known that touching her knee would only make matters worse. Since his advance, she has moved her head away in disgust. Mark would have been much better off to have moved to the same side of the table and made touching less forward and more incidental and perhaps only to emphasis a point.



In this situation, it is obvious that touching is welcome. Julie has offered to fix Mark's collar. She still shows some reservation by continuing to lean backwards. Her gaze is toward his mouth, however, so that could mean she is thinking about a kiss but the rest of her body is holding back.

Overall, touching is a tool that can establish a very profound connection. In a study done where the only variable between two strangers was the presence or absence of touching, it was reported that the interaction that included touching was much more warm. Even waiters can benefit from incidentally touching costumers and often receive a more generous gratuity. A perfect time to include touching is on an initial meeting, and it also works great to remember someone's name. After the initial handshake and exchange of names and before any great length of time has elapsed, be sure to use their name in conversation and simultaneously touch the back of the persons hand or forearm. This

is known as anchoring and it creates positive feelings in the other people and connects them to you physically. It is a great way to establish high status, authority, and self-confidence. The reason is simple: touching is risky, and in the mind of the person who was touched, it means a great deal that the other person took such a risk.

It is very important to continue to monitor the effect that touching has on your potential mate. Does her body tense up when you touch her, or does the corner of her mouth curl upwards slightly to form a bigger smile? Does she look down at your hand and wince, or does the conversation remain normal? If you receive a bad reaction to touching, don't let it show in your body language and don't let it affect your conversation and cascade through the remainder of the interaction. A touch rejection does not mean that interest is lacking, it just might mean that touching occurred too soon for the particular woman. Back off a little and allow the woman to resume normal open body language before touching further.

SHE WANTS TO KISS

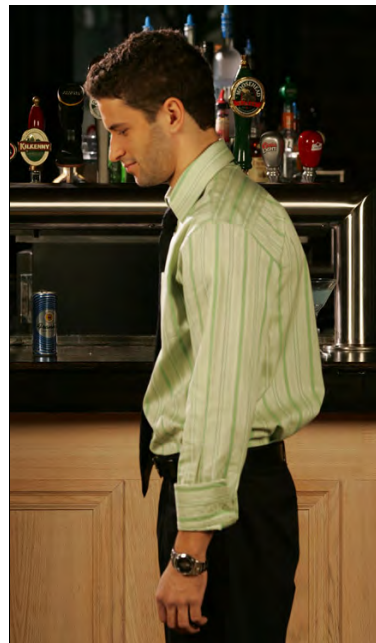
Women tend to touch their mouths more when they are aroused. This may indicate that they have something to say (depending on the signal) or they may even want to kiss you. Another good indication of the desire to kiss involves forming a pouting gesture. It is done by compressing the lips together. A good kiss strategy is as follows: First kiss gently on the lips with mouth closed. Then slowly make the kiss more firm but still keep the mouth closed. Then part your lips slightly. At this point you may use full lips and tongue but again do it slowly. If you take things slowly, she will appreciate it more and will also be more aroused. Your patience with her will grow her attraction and will make the attraction much longer lasting.

STANDING TO AROUSE

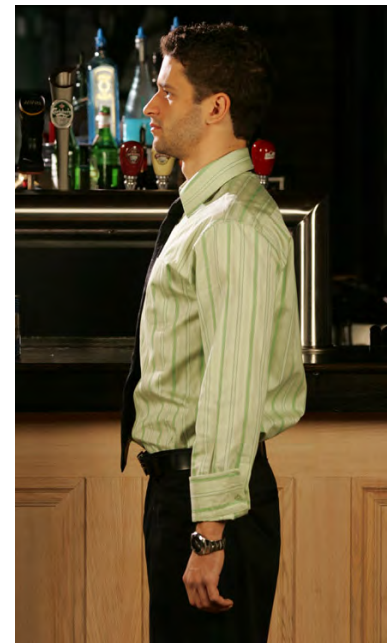
Whenever not in motion, keep both feet flat on the ground with your arms to the side. Putting your hands in your pockets means that you are hiding something or are uncomfortable. Reduce the amount of fidgeting you do. If you are interested in a woman the best posture you can hold is to force your hips slightly forward with your legs slightly wider than shoulder width and have one foot pointing toward the woman of interest. This posture can be very effective. Avoid putting more weight on one foot than the other or leaning against something.

Don't hesitate to stand in the middle of a room or at least away from other structures like tables and bars. This shows that you are very secure with yourself and displays confidence, calmness, and

other positive attributes. Confident men are always grounded and calm, even under stressful situations. It's understandable that you'll be nervous to approach an attractive woman, but be mindful that alluding to your nervousness will tell her that she is out of your league. It's also a good idea to avoid standing too still or for too long in one particular location. "Wallflowers" are those who find a particular niche in a bar and don't move throughout the night or only move when they see a woman stray from her pack of friends. Mostly, however, wallflowers just stand around the dance floor and ogle women.



Mark is showing poor body posture by slouching, allowing his head to lead him and is hunched over. His head passes out and past his shoulders and his back is rounded. Be conscious of your posture and you might catch yourself doing this.



Here is proper body posture. Mark's head is up, back and level, his hands are to his side and are relaxed and curved upwards, his shoulder are back and his weight is evenly distributed across both feet. Just comparing the two photos you'd think he was taller.

DISPLAYING STATUS



To show high status, keep your torso relatively still and only move your arms and hands to liven the dialogue. This works well when you are talking to anyone, not just a woman, especially when you want respect from them. Use your hands and arms to speak in a more deliberate way. Instead of using your hands to scratch your face, use them to emphasize a point that you are trying to make. Show people that you are in control of your mind by being in control of your body. To verify this, simply observe the body language of men who hold powerful positions.

TEASING AND OPPOSITE BODY LANGUAGE

Playing hard to get can sometimes put you back in the driver's seat with women. For example, you could display a carefree attitude by slouching lower in a seat, opening up your posture, and taking up more space than necessary to demonstrate dominance. This may excite certain women since you are displaying as a typical alpha male, but if you go overboard, it will turn women off.



Mark is playing hard to get and Julie is ramping up her intimacy. Mark is using his body position to eliminate Julie as the centre of attention. Julie is countering his body language by pushing herself up against him to reassert her position and make her interests obvious.

You can also tease by showing feigned disinterest in a woman by leaning or facing away. Showing your back or talking over a shoulder also raises your status. In effect, if she is interested she will compete for your attention and try to reopen your body posture. It creates interest in her because she is forced into chasing you instead of having you chase her, which can be a novel experience for an attractive woman. By this method you are displaying in a manner that makes you dominant and in demand. You can also do this by crossing your legs away from her, showing her the back of your shoulder, and turning your head only slightly to face her while talking. It's akin to playing hard to get, but done nonverbally. You can monitor her interest by examining the strength by which she attempts to regain your attention via specific body language. If she's strongly interested she will try to force you to open up or move altogether to the

opposite side in order to be on the proper side of your open gestures.



Mark is still closed off to Julie with his hands in his pockets, but she doesn't seem to mind. Her body shows that she is still interested with her left leg pointed toward him. She is also leaning in with her head cocked to the side and her left arm extended toward him. Mark's negative postures have served the purpose of inducing Julie to chase him.

You can also offer up positive body language teasingly and sparingly to women based on earned comments and cues. For example, if a woman says something interesting you could open up and lean in, but instead of continuing with this gesture, lean back and away until she does something to entertain you once again. Therefore, you are using body language as a reward instead of falling into the trap most men do by giving women full on accepting body language even though they don't completely deserve it. If she says something you like or agree with or flirts with you, then move in a little. If she says something negative then move or turn away from her. Opposite body language is a way to show a girl that you aren't always interested in what she has to say and avoids all the pitfalls of appearing overly needy and interested.

BLOCKING

Avoid getting blocked out of position when speaking to someone. Often a girl or guy friend of hers or a competing male will try to usurp your target's attention by placing themselves between you and her. If this happens, try moving the target to another location if possible. If a woman allows you to be blocked out repeatedly or purposely, then she is sending you a signal of disinterest.

There are plenty of ways to avoid getting blocked out and they depend on the location you find yourself in. Arriving first to a seating area can help avoid certain pitfalls by allowing you to arrange where people will sit or it can backfire completely if it happens that the woman you are interested in is avoiding you. Arriving last can help as well since you can bring a chair in and set up close to whomever you wish. In most circumstances there will either be an inanimate object or person trying to cut you off from someone you desire. Use your creativity to avoid these blockers and cut them off before they cut you off.

BODY ROCKING



There are plenty of subtle cues we can use to indicate our intentions and thoughts to others. It's a fun game to play with people, especially when the conversation is fairly idle or one-sided in their favor. Really, it's for people who continue to chat forever when you are

in fact more interested in leaving to go someplace else. Rocking is meant to outline the movement your body naturally does as it prepares to move in another direction. What you do is shift your weight from one foot to the other and lean back to signify that you are bored with the conversation. It's a way of testing interest in another person or their desire to continue the interaction. It induces them into thinking you have better things to do. Someone with feet planted firmly more than likely wants to continue the conversation. Another way to indicate that you are interested in leaving the conversation is by pointing your toes toward the exit or slowly shifting in that direction. Body rocking is a great way to show that you have high status because it makes the other person think that you have better company waiting. Body language is everywhere.

TAKING UP SPACE

Dominant men take up more space than non-dominant men. This also goes for confident men. Women generally perceive this as attractive. By sitting with open legs and arms and carving out space in a crowded room you are essentially showing that you are worthy of attention. Not being afraid of taking up too much room is the key to putting the spotlight on you instead of other men in the room. Don't be afraid to take up space and display to women that you are confident with yourself and your body. Having said that, avoid going overboard. Taking up too much space or space unnecessarily will make you look like an overbearing alpha male and can be a real turn off to women. Avoiding being all squished up is one thing, but being sprawled out is just as bad.



Mark is playing the alpha male with his extremely open body posture. This position can sometimes be offensive to women, especially those not interested in dominant men. His body is taking up as much room as physically possible. His legs are spread with his left arm behind him and on the sofa opening himself up even further. If Mark was testing this position to verify its effectiveness, he should note that it has succeeded in securing Julie's interest. She has her head cocked at 45 degrees showing interest and is playing with her hair.

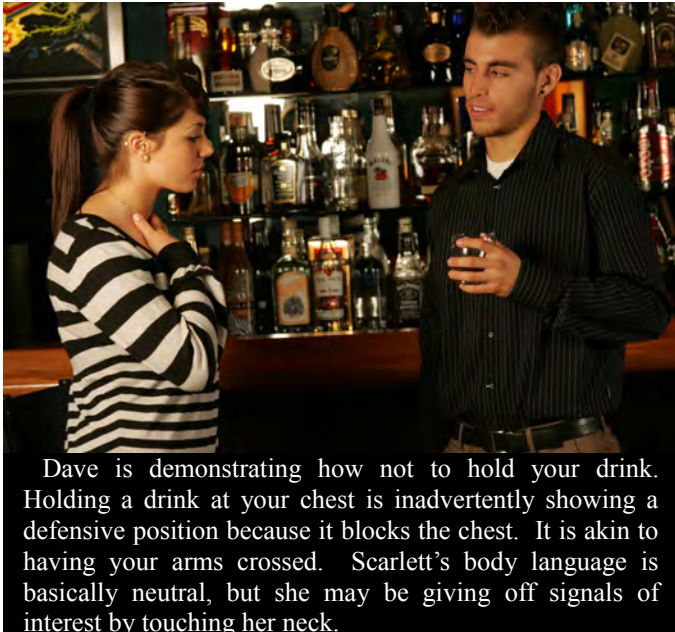
PECKING FORWARD

Pecking forward occurs when a man leans forward so as to give a woman the impression that he is interested in her and is giving her all his attention. It normally happens while seated. It can come across as needy and therefore must be kept to a minimum. When a woman is speaking, leaning in is a fair thing to do, but avoid holding this position for any length of time. If possible, you can induce the woman to lean in to close the space which will help raise your social rank in her eyes.

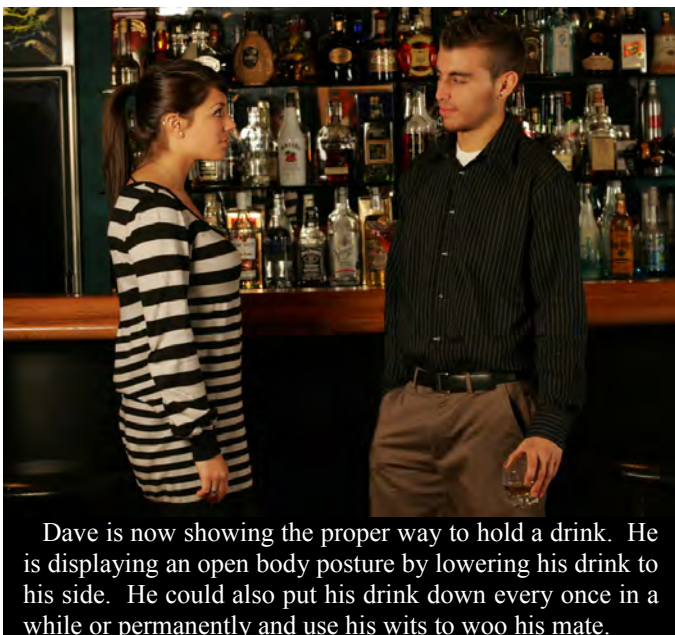
LOWERING YOUR DRINK

Avoid holding your drink at your chest. Instead hold it at your side. Having your drink at your chest shows that you are guarded and uncomfortable. The posture is a display rooted in human hardwiring. It is metaphorically similar to protecting your vitals from enemies. The same can be said for leaning

forward against a bar or on a table with your elbows and so protecting your chest from exposure. Another such defensive gesture occurs while sitting at a table and holding a hand near your face or playing or talking through a hand. These are all defensive gestures and should be avoided in order to properly give a sense that you are comfortable with yourself.



Dave is demonstrating how not to hold your drink. Holding a drink at your chest is inadvertently showing a defensive position because it blocks the chest. It is akin to having your arms crossed. Scarlett's body language is basically neutral, but she may be giving off signals of interest by touching her neck.



Dave is now showing the proper way to hold a drink. He is displaying an open body posture by lowering his drink to his side. He could also put his drink down every once in a while or permanently and use his wits to woo his mate.

OPENING PEOPLE

A really great test of your skills is to try to open up the most closed person in a room or to open up any person who shows any closed position at all. Find a woman who appears awkward and closed to the rest of the room and use your body language to open her up without using words. For example, a woman whose legs and arms are crossed will appear cold, awkward, and disinterested. Try first to send her an honest and open smile while in conversation with someone else then lower your gaze when eye contact is met. Check to see what affect this has. Perhaps she will marvel at the experience and avert her gaze downward as well. See if you can catch

her again and watch what happens. Next, try moving a bit closer to her and see if you can get her to uncross her arms with some subtle eye contact. Next, cast your eyes toward her as if you are offering sympathy for whatever bad feelings she is harboring. The final step will be to open her up with conversation, perhaps asking her about her day and getting to the root of the reason for her closed body positions. See if by using open postures, you can get her to drop her negative feelings. You might even try getting her to mirror your positive gestures.

You may be surprised to find how easy it is to have people shake their negative feelings and how flattered they become from the outreach of a stranger. I can also guarantee that by opening people up, they will feel more positive and will also attach these positive feelings to you.

CONCLUSION

I have outlined many techniques in this section. At this point in the book you should feel like a new person. You should be confident that you have the potential to be in control of social situations and have a good sense of women and yourself. You now know what motivates them and why they are motivated the way they are. More importantly, you should be better able to predict their behavior. You have a valuable set of tools. Use them. Go out and get what you want, whatever it is.

PICTORIAL ON MALE BODYLANGUAGE



Mark is playing a little game in this photograph. He is teasingly showing Julie disinterest, which is a test to see if she will reciprocate with additional cues of interest. By looking over his shoulder he is showing that she isn't the center of attention. Julie is falling for the tactic by leaning toward Mark and extending her interest. Dating is a game of cat and mouse.



Mark is taking control with this open body posture. Julie is interested in Mark as she is leaning in and is playing with her hair.



Mark is showing great open male body language, but even so, could be losing Julie's interest. Her head is turned away from him and she is guarding her body with her arms which is a closed body position. She is however, playing with her hair which could either be interest as it would be in grooming or disinterest if due to boredom. There are some mixed signals here, but for the most part disinterest is present.



This is another method Mark has used to force Julie to chase him instead of always being the one to chase. His legs are crossed away from Julie and his left arm is blocking his body from her. His arms are also up and open showing that he is honest and engaging. Julie is moving toward him with her right hand extended forward and is smiling. She is enjoying Mark's story and hence his company.



Just as a dominant man can glide through a room, Mark is gliding through his motions. He is adjusting his sleeve but his motion is smooth and planned and he is showing that he is in control at all times. His movements aren't erratic or unpredictable, they are deliberate. Even though Mark is doing something completely basic, Julie is giving him her undivided attention. Remember that the vast majority of what people say is non-verbal.



Julie is on display but is sending mixed signals. She has an erect posture showing interest but her left arm and leg are crossed away from Mark and she is looking away from him. It would seem as though she is either playing hard to get or is demonstrating that she has outclassed him and that he is not worthy of her attention. Mark is showing timidity by sitting on his hands and leaning away. He seems to only have the courage to admire her beauty.



Dave is missing the big picture here. He should ask Scarlett to dance as she is obviously enjoying the music by dancing in her chair. Because she hasn't gotten up on her own, she is most likely waiting for Dave to ask her. Women are generally not the aggressors in a relationship. They will give hints and hope to have the man take the lead. Go for it Dave. Ask her to dance!



Here Scarlet has moved directly in front of Dave after approaching him. She is comfortable because she is directly facing him but still shows some timidity. This is evident because she is holding her hands and arms out and in front of herself. Dave has a great open body posture. His legs are open slightly and his arms are apart. His left hand is in fair proximity to Scarlet and could serve to escalate the intimacy with some fleeting touches.



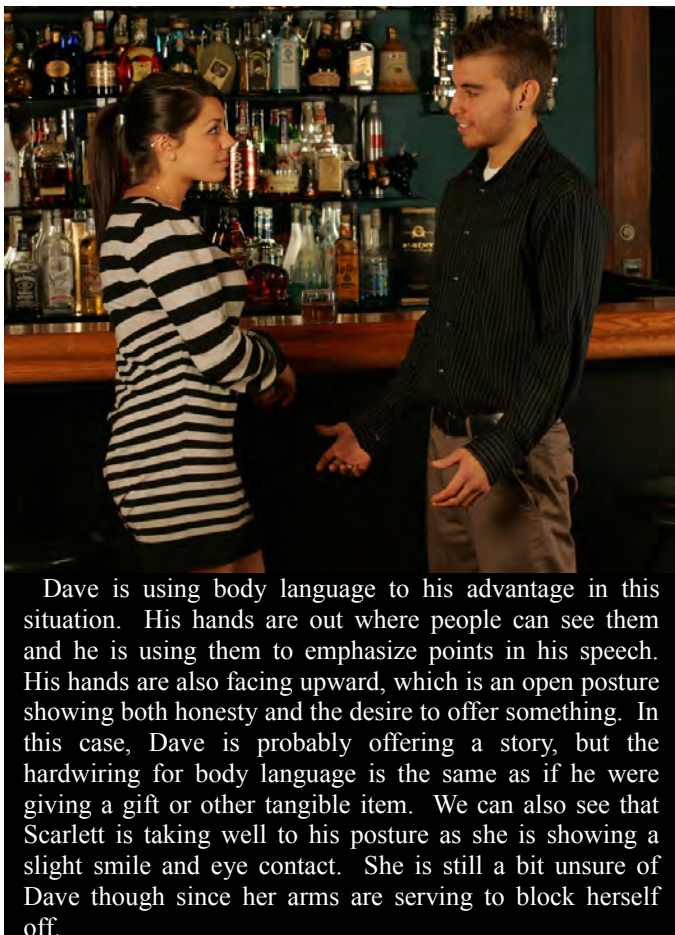
Dave is striking out here again. He is trying to escalate intimacy by whispering. The only problem is that Scarlett is not interested and instead of leaning in to shrink the distance between them and actually hear what Dave is saying, she is leaning backwards giving off all sorts of indicators of disinterest. Scarlett will most likely resume her conversation with her other friends once she humours him with a false laugh.



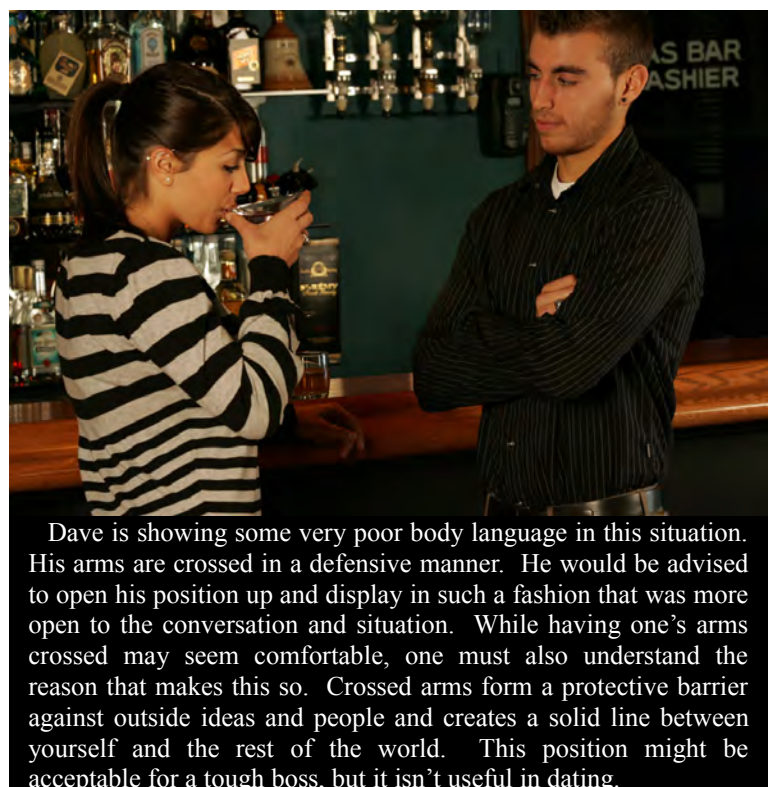
Now Dave has Scarlett where he wants her. Dave is using his body language teasingly to block Scarlett out and is scanning the room as if she wasn't the most important girl. He thinks she is, but he doesn't make it obvious to her. Scarlett, on the other hand, is hook, line and sinker for Dave. She is leaning around him trying to regain his attention, has her arms open, and is even thrusting her chest forward into Dave. Dave has his hands out of his pockets showing that he is comfortable in his environment.



Dave is showing stern, proper, and authoritative body language. He is holding the typical military posture. It is also fairly negative, since his hands are hidden. A woman would prefer to see a man's hands and for him to appear less rigid.



Dave is using body language to his advantage in this situation. His hands are out where people can see them and he is using them to emphasize points in his speech. His hands are also facing upward, which is an open posture showing both honesty and the desire to offer something. In this case, Dave is probably offering a story, but the hardwiring for body language is the same as if he were giving a gift or other tangible item. We can also see that Scarlett is taking well to his posture as she is showing a slight smile and eye contact. She is still a bit unsure of Dave though since her arms are serving to block herself off.



Dave is showing some very poor body language in this situation. His arms are crossed in a defensive manner. He would be advised to open his position up and display in such a fashion that was more open to the conversation and situation. While having one's arms crossed may seem comfortable, one must also understand the reason that makes this so. Crossed arms form a protective barrier against outside ideas and people and creates a solid line between yourself and the rest of the world. This position might be acceptable for a tough boss, but it isn't useful in dating.



Mark has waited too long to speak to Julie. Julie has closed herself off and because Mark waited so long his value in her eyes has been lowered. Some time ago, Julie has removed her hair to expose her neck and Mark missed the signal.



This form of touching can go dramatically in either direction. A woman's arm around the shoulder could be a signal of friendship or a flirty and fleetly display of affection.



Mark is showing a relaxed body posture. His arms are open and not fully supported by the bar. His feet are slightly apart and his right hand is hooked into his pocket rather than being totally hidden in a pocket. Julie is showing interest by extending her left arm toward Mark's arm and pointing her toes inwards. She is also making eye contact. Mark is looking away and giving off negative body postures to establish himself as pursuit worthy.



Instead of playing with a watch or other object make movements more planned and minimal. Unnecessary movements should be reduced or eliminated.



Mark is showing a closed body position and this has forced Julie to become more aggressive toward him. She is trying to get more attention by touching his sides, probably trying to open up his posture. Her left foot is also pointed toward him meaning that her attention is all his.



This is showing poor body posture once again. Here Mark is leaning to one side by placing most of his weight on his right foot.



Mark is making his discomfort evident by playing with his hands.



Here, the attention is being put on a third party outside of the photograph.



Mark is hiding his hands, which is never a great body position. He should have his hands to his sides and visible. In this position, he comes across as having something to hide.



From Scarlett's reaction it's pretty obvious that she is being put off but still remains playful towards Dave's advances. It'd be best, at this point, for him to back off a little. His point of interest has been made and now Dave should let Scarlett reciprocate interest without imposing further.



Lending a piece of clothing is a way for Dave to get close to Scarlett without actually touching her. It's also a great way to score a phone number since he'll need to be able to get it back from her at some point. Scarlett could also be testing Dave's chivalry and therefore his interest in her, as she might not be cold at all. Sharing clothing can be a very intimate thing to do.



It's a losing battle, Dave! Dave would have a much better shot at regaining or simply gaining Scarlett's attention by standing up and circling to the front of her. He is showing that he is insecure by not leaving his post at the bar to make his approach. Even if he tapped her on the shoulder, I doubt he could secure her interest. No amount of "body groveling" will get her to move around and nobody responds well to a stiff jab in the back from a stranger, especially from a seemingly subordinate man.



Julie is taking control of the interaction by leaving. Mark is trying to regain her company. It looks like she has found someone more interesting to accompany her. By reaching for her in this way, Mark is lowering himself to her and will be forced to continue the chase indefinitely. He would be better off to approach her at a later time or wait for more signals of interest before continuing his pursuit.

BODYLANGUAGE - A CONCLUSION



Because men and women are risking a large amount of pride on their interactions with each other, they often send conflicting signals. This serves to protect them from damage caused by rejection. You should never (ever) use verbal language to pose the question of the degree of attraction a woman

has for you, especially early in a relationship. The most significant reason for not asking is because it's completely unnecessary. It also demands direct and often risky verbal language in return.

You now have the tools to both read people and also allow people to read you. Use them! But avoid coming on overly strong. She will think that you have nothing better to do, or that you see her as a queen. Just remember that no queen is attracted to her peasants.



A woman who is interested in you is stuck between two extremities. One, she wants to attract you, and two, she wants a long-term relationship (most of the time, at least). For this reason, she cannot overtly display her interest in you. If a woman comes off more forward than others,

she is probably signaling her interest in a short-term relationship. However, since most women want more than just a one-night stand, you must expect them to be somewhat ambiguous with their signals. Most women are both undecided with their interest and are also concerned about coming across as being promiscuous.

Another important aspect of body language is that women often give off conflicting signals. A woman can signal interest in a man with eye contact and a

head tilt, but if it is accompanied by crossed arms then it becomes ambiguous. To be sure that a woman is really interested in you, you should look for at least three to four independent signals simultaneously. You must also make sure that they are aimed specifically at you with eye contact. Use the whole body as the display board, not just parts. Sometimes a woman will send mixed messages until she can tell whether or not you are interested. Be the initiator and send some of your own hints first. She might just follow your lead.



You should also note a woman's sexual body language both before you talk to her, and after. If she shows positive signals before you speak with her but this turns in a negative direction after you start talking, then she is either unimpressed by the things you are saying or she was sending the initial signals to someone else. If, on the other hand, she sends even stronger positive signals after dialogue is established then you can bet that she is interested.

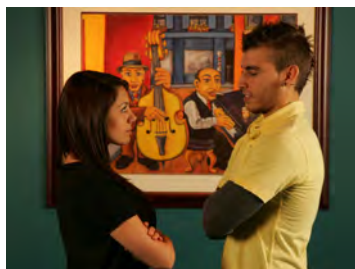
If a woman's body language does not correspond to her spoken language, pay more attention to her body language because it will often be more accurate. Thus, if she tells you that she is uninterested but

does so in a flirtatious way while maintaining provocative postures, she may just be playing hard-to-get. If this happens, you are going to have to be patient. You will want to wait for her to send the message from her subconscious mind to her conscious mind. It sometimes takes women a while to rationalize their interest in a man. People are really good at deceiving themselves. Almost as good as they are at deceiving others!



Do not rush a woman. If she shows signs that she may not be interested, be patient and take your time. Give her the space she needs, and in the mean time instead of always chasing, do some running as well. Just as women do, allow her to know that you have some interest in her, but that you also have some doubts. Match her interest to yours and keep her guessing so long as she keeps you guessing.

A woman will only signal enough for you to get the idea. If you miss or ignore the signals then she will move on because she will assume that you are either disinterested or taken. If you get the idea and begin to flirt back she will stop most of her nonverbal communication because it will have carried out its main purpose. So make sure you are bringing to consciousness all her hints and cues as they are often fleeting and rare. I have tried many of the techniques in this section and they all work. But do not take my opinion for it, try them out for yourself.



Photographs and video that we normally see depicting sexual body language are more often than not exaggerated and unnatural. It's clear

to anyone viewing the images that it's sexual, but this rarely happens so obviously in real life. In real life, there are many more variables and our decisions are continually changing and evolving. Characters in movies, for example, have pre-determined roles and therefore a female character who is interested in a male character will demonstrate body language that will seem overt to

us. Body language that occurs naturally is much more subtle than what is displayed on film. Thus, I recommend examining any image meant to explain body language with this in mind. Not to mention the fact that when we are interacting with someone there are many distractions taking place all around use. It is sometimes very difficult to discern which cues are useful from those that are simply random. That's why looking over the photographs more than once can help. Repetition will move the cues into a place in your mind where identifying them will become second nature, shifting your focus back on your dialogue.



Probably one of the most important points about body language is that it is additive. One single cue on its own is not very useful or accurate. Women adjust their hair and clothing all the time. Some women are also naturally flirtly or have certain mannerisms that might come across as positive or even negative body language, but in reality they could be neither. It is thus very important to keep track of what, where and how body language is happening. Cues that occur simultaneously with other cues paint a more complete picture of interest or disinterest. Clusters of cues that happen along with possibly suggestive verbal language should take great precedent over single, isolated cues. Quite often neutral body language is also occurring and represents noise that must be weeded out so that the focus can be put back on cues that actually indicate something of significance.

The next time you are in a social situation take the time to look around you and really bring to consciousness what is going on. Take note of the groups of people that have formed, take note of who is talking to whom, who is uncomfortable, who is the alpha male and which women are looking for attention. When speaking with someone directly, note their breathing rate, listening for calmness, confidence, or nervousness. Collect as much information about someone as you can without listening to a word they speak. Armed with that information you should be able to predict certain things about them and hopefully use it to make their lives and yours more positive and constructive.



Lastly, take everything in stride. I have provided a mass of information here, and it is very difficult at first to actually put to use the signals you will now be able to read. Take things one step at a time and you will become accustomed to reading the proper signals and be able to ignore the signals that are meaningless. The vast majority of body movements don't contain any practical meaning at all. A person who is trained in body language will be able to ignore most of what happens during normal interactions, but then immediately pick up on something important and meaningful as soon as it happens. It's really a matter of focusing on the key gestures that convey meaning instead of trying to read all that goes on in an interaction. If you are too busy trying to take everything in at once you'll probably forget how to speak! What used to be left to your unconscious and your gut will now be moved to your consciousness, so give it some time to sink in. After a while has passed you will be able to move the focus back where it belongs onto your dialogue. Revisit all or parts of the book as a refresher as often the mind will have missed, skipped, ignored or most likely, forgotten some important or practical bits of information.

I hope you have studied the book carefully. Body language forms the foundation for attraction and dating and can also come in handy in other social situations, such as at work or school. Body language will save you a lot of time and resources which can be directed toward the right kinds of women. Any woman who is not sending the right

messages is not worthy of pursuing. Instead of going after every woman, you can put your focus on a select few who are giving off positive cues of attraction. Happy hunting!

ACKNOWLEDGEMENTS

I would like to thank a great variety of people and in no particular order of importance. Without these people, finishing this project would have been very difficult at best. So a big thank you goes out to Nancy and Dario for allowing us to access your buildings to shoot all our photographs. You have both gone way above and beyond what we expected from you. I would also like to thank Chris, Vanessa, Gian Paolo, and Stephanie for participating in the artistic aspects of the project. You have been outstandingly cooperative and easy to work with.

Thanks to Courtney, my lovely wife, who helped with all the finer details of the project, not the least of which was bringing it far closer to perfection than I could have on my own. Credit also needs to be given to Kevin Andrew for all the amazing photographs.

Lastly, I would like to thank Dr. Ron Brooks who's earliest teachings brought me from my studies of psychology to biology in my first years of school. I think without him, I never would have found the truth. Thanks for the eye opening lectures throughout my education and for supervising me during my final year thesis on body language as it related to wealth and status. It was during this time that I discovered my passion for body language. My only wish is that I had shared my knowledge with everyone much sooner, so that they too could enjoy the benefits as I have.

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