

Men!

What They Want!

**Understand Their
Profound Needs To
Easily Connect With
Them**

- For Women -

Men! What They Want!



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Dating for women - Online

Check this:

<http://vitalcoaching.com/datingforwomen.htm>

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Dating for women - Coaching

Check this link:

<http://vitalcoaching.com/coaching.htm>

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What do men want?

I coach women!

A lot!

I hear their stories and frustration about guys!

One recurring theme is the fact that women often feel challenged with understanding men.

What motivates them?

What drives them?

What triggers their desire to spend time with you?

Why do they commit?

Or why they don't?

Do looks matter to them or is it character that matters most?

Does it work to play hard to get with them?

And so on!

So many questions!

The good news is that all these questions have answers!

Why?

Because men are predictable!

They are!

Most of them will respond in similar ways when submitted to the same triggers or life situations.

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You have exceptions of course but these are isolated cases.

I believe that what I am about to share with you works for 95% of men out there.

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Your prey! Men!

The dating world is challenging!

It is highly competitive!

You are competing with other women all the time!

You are being judged, sometimes rejected and challenged!

Here is what gives you a powerful winning edge:

Knowledge!!!

The more you know, the more you succeed!

Imagine trying to conquer a man's heart and having no idea about what triggers him!

You need a road map!

This is what I want to give you here!

Men love women!

Get this!

Men love women!

It's in the company of women that men often experience their deepest moments of bliss!

They love the attention!

They love the feelings!

They enjoy the sexual attraction!

Most straight men on this planet want to spend time with women!

They want to experience more quality time!

They are ready to worship you and find ways of pleasing you!

Why?

Because your happiness is their happiness!

If they can trigger pleasure in you, they feel fulfilled in a very profound way.

Yes, I am talking about pleasing you sexually!

One of the greatest satisfaction a man can get is to be able to drive you to incredible orgasms.

They want to master the ins and outs of your pleasure and be able to play with your body at will.

What about the rest?

Your other needs?

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Career, kids, family, commitment?

Do they get that too?

Of course they do!

But they don't want to lose their freedom either.

Men want to be challenged!

If it's too easy, they lose interest!

They take you for granted!

This is why so many women go to the other extreme and play hard to get!

Playing hard to get is ok as long as it's a game and men can see they make progress!

If you complicate the dating game just for the sake of it, guys get VERY frustrated!

They don't enjoy it!

I recorded a video on this topic and the feed back from men was super clear!

They don't like complicate women!

In their eyes, what do complicate women do?

They systematically change or cancel dates!

They verbally abuse the waitress!

They make a scene when you even look at another woman!

They get easily irritated!

They harshly judge other people!

They are angry with their exes!

They are emotionally unstable!

They are really hard to satisfy!

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They complain a lot!

They have issues around sex!

These women are difficult to date and men don't stick around for long when they see these warning signs.

So, there is a big difference between being complicate and challenging a guy here and there.

For instance when he wants to have sex, you can playfully reject him as a way of teasing him.

Or you can let him see that you still enjoy going out with your friends even though you have been dating him for a month.

You can as well let him see that you don't take him too seriously when he starts on topics like politics and environment.

A bit of challenge is good!

Guys love it!

Men are predictable!

Yes! They are!

You submit a thousand men to the same set of dating circumstances and they will respond in very similar ways!

95% predictable.

You simply need to accept their nature!

What do I mean?

That I see women rejecting the obvious all the time because they don't like the reality they see in men.

They wish guys would be different!

So they keep making the same mistakes with guys hoping that the next one will respond differently.

It doesn't work!

For instance, men don't want to be contacted 20x in a day after a first date!

It's too much for any men!

Still, I see women doing that a lot!

Guys hate neediness!

They don't like the idea that the woman they date has suddenly lost her emotional independence and needs to be reassured all the time.

Men will always respond to this type of insecurity in the same way.

No guy wants to be asked question about their financial status and assets!

Men! What They Want!

It makes you look like a gold digger!

Do you realize that women often go to a first date as if they were at a job interview.

They ask their dates tons of practical questions to find out on the spot if that man is a marriage material!

A man is not an object you can simply manipulate to match your agenda!

A man has a past, needs and desires!

A man has a plan for his life!

The best way to enter a first date is not to look for signs of financial security, it is to create romance and chemistry!

That's what men want!

Guys love mystery!

Mystery is challenge too!

When everything is predictable, men lose interest!

If they can foresee the next 20 years of their lives with little surprise, where is the fun?

Don't you like surprises?

So do men!

They love surprises!

They want to be surprised with sex, with dates, with conversations.

They love it and they expect you to entertain them a bit.

Seriously, what is it that makes the interaction between men and women so interesting?

It is the fact that it expands our sphere of experience!

It's through this interaction with each other that we evolve!

An fascinating conversation with someone you just met can be an eye opening experience that you will remember for ever!

Men love being teased

Again that's challenge.

A woman who can playfully make fun of something a man is proud of will always succeed in creating connection.

You can tease him on the size of his muscles, the interior of his house, the amount of time he spends at the pub, the \$700 he just spent on his last pair of shoes.

Be subtle!

Don't tease him on sensitive issues like hair loss if he's bald.

Don't tease him on his connection with his ex if he still hurts after last break up.

Once you find a topic you can make fun of, keep going forward!

Don't stop after a few words...

This can be the beginning of a really fun conversation, especially if he fights back and decides to challenge you too.

Play the game!

The rules with dating are simple!

Be fun and sexy!

Would you date a boring guy?

Would you date a guy who doesn't take care of himself and makes no effort to seduce you?

How does that make you feel?

Unseen? Right?

There is nothing shallow about sexiness

There is nothing shallow about fun!

The serious part of your life is all the rest!

When people date, they want this to be fun!

They want it to be exciting!

Sexual attraction is exciting!

The idea of sex is exciting!

The playful, flirty game between two persons who connect is thrilling!

It creates a whole chain reaction of biochemicals through your brain.

It's pleasurable!

The ability to generate this type of connection at will is a profound skill!

This is what you are aiming for!

Men! What They Want!

Mastering the dating game and mastering your connection to men.

How do you want him to feel?

Excited about you?

Then be exciting to be with!

Do you want him to feel sexually attracted to you?

Then be sexy!

It is really that simple!

If you want to win, you need to play the game!

And there is nothing slutty or vulgar about sexiness, ok?

You know that already of course but I will say it again.

Sexiness is subtle, playful and flirty!

It means putting yourself in your best light and allowing a man to experience your femininity.

A Guy won't feel like a male unless you express your femininity.

Guys enjoy confident and ambitious women

Confidence!

That's another quality men enjoy a lot!

When you meet someone, there is always a balance of power being established instantly.

If you score too high and your energy is too strong, you will overpower him.

If you are too shy and insignificant he will feel no respondent from you and it will be hard for him to relate to you.

The ideal is to match his energy level.

Hopefully, you own that skill and are able to modulate your "power intensity".

There are different ways you can do that:

Through the way you dress.

Through the way you talk.

Through your body language.

Through how you dance.

Through what you say.

Don't behave as if a man had to rescue you from a life that you don't like!

Guys need to feel that you like your life the way it is now!

Creating an existence you love is a powerful skill!

Men! What They Want!

Men are magnetically attracted to women who are happy!

That makes total sense of course.

Men want to be connected

Your network is an asset!

Men don't want to be isolated!

They want to feel that you are connected!

For a man, it's lots of fun to date a woman who has lots of female friends!

It gives him the impression he is included in sacred girls club.

He gets attention through that.

It adds value to what he experiences with you.

I know what you think...

"Isn't it a bit risky to introduce him to my very attractive female friends?"

"Won't he be tempted to cheat on me with one of them?"

"What if he has a crush on my best friend?"

Good points!

Here is what I believe:

He will meet other women in one way or another.

If you have solid complicity with your friends and are loyal with each other, this friendship would not allow betrayal.

I see groups of women frequently expressing that.

They know exactly their boundaries and respect each other's couples.

This type of trust is something you can develop with good friends.

Men! What They Want!

It's a solid binding energy you can as well set up with your new romantic partner.

If a guy knows that you are trying to keep him away from your network because you are afraid, he will feel that you are robbing him from something precious.

Here is another essential point:

A man will rarely be satisfied by getting female attention just from you.

This means that a little flirting and validation here and there feels really good.

Guys need that a lot.

It doesn't mean they would cheat.

They can be totally faithful and still enjoy a playful chat with another attractive woman.

I encourage you to be ok with it.

If this happens within your network, this gives him another reason to stick around and be happy with the relationship he has with you.

It's like an extra you provide.

Having a solid circle of friends is an extra binding element for a couple.

It allows you to breathe and safely connect with other people without threatening the stability of your relationship.

How to limit the cheating risk?

First, your couple needs to get everything it needs: great sex, complicity, love and connection.

The next step is to set up clear boundaries in your couple.

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You find out what's ok and what is not.

Unless you are in an open relationship, this usually means no intimacy with others.

You and your partner must be aware of that.

You both must know that if you cross the line, this is it!

Cheating often means the end of a relationship.

These social interactions is a tricky topic.

I didn't fully cover this here yet as social dynamics are very subtle.

I might write another book on that one soon.

Feel free to get in touch for a coaching session if you feel challenged by that.

Men want to win!

This means that they are in competition with other men and take great pride in being number one in your mind.

Guys want to be valued and admired.

These are simple human needs... Nothing exceptional about it.

It means as well that you can validate them.

Give them positive feed back when they do something right.

You can say things like:

"The other day, the way we had sex was fantastic. I love the way you touch me. You are good at that."

"I like how you take care of your place. It's really comfortable and you make me feel at home."

"Your friends are fantastic. You have such a good connection with them. It's nice to see."

Guys need to hear these things.

Remember last time someone gave you a deep meaningful compliment...

How did that make you feel?

Sometimes you can remember the deep impact of someone's kind words days or even years after they were spoken.

When you do that, it's way more than simply feeding his ego.

When you recognize his qualities, you tell him that you see him.

People want to be seen!

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They want to be acknowledged for who they are.

They want to be proud of what they achieve!

In society, this type of validation is rare.

Your words will have a long lasting positive impact in his mind!

Men love their freedom!

This is why you have so many single men in their 30s or 40s!

Men are often given the choice between commitment and independence.

Many will choose independence because they don't want to make concessions.

Fair enough!

They will jump from relationship to relationship and step out as soon as someone gets too close.

They don't want to be accountable.

They want to be responsible only for themselves.

No all men are like that of course.

But if you see a guy resisting commitment, this is often the mind set he is in!

He likes his freedom!

He doesn't want to give it away!

Why would he?

If you put a man under pressure, what will be his reaction?

He will rebel!

Try to control his life and he will prove to you that he's the one in charge!

On the other hand, give him all the freedom he wants and he will have no problem spending more time with you or even committing to a long term partnership with you.

Men! What They Want!

See how it works?

Reverse psychology!

The more you push him, the more you drive him away.

Demands kill his sex drive!

It kills complicity between the two of you.

When you put him under pressure, it gives him the feeling he has to defend himself from you.

What deeply frustrates guys!

...Is to be on dates with women who can't play the game.

They are with women who desperately want romance and connection but hide their femininity and sexiness.

It's challenging for a man to be romantic if you hide yourself.

If you have sexual issues, he can feel it!

What are sexual issues?

They are fears, anxieties or unsolved traumas.

These issues are often expressed in your body language and the way you dress.

Men want to feel sexually attracted to you but they can't be sexually attracted if you don't send out any sexual messages.

This creates an emotional status quo.

Nothing happens!

You might argue that you don't want to be a sex object!

Of course you don't!

Men don't ask you to!

There is nothing cheap or shallow about sexiness.

On the contrary!

Sexiness, playfulness, flirty attitudes are all expressions of your radiance and beauty.

When you express these qualities, you will most likely see guys opening up to you.

Guys can't stand neediness

Imagine this man!

He was on a fantastic date with a girl.

The day after, he is at work and she keeps flooding him with text messages and calls.

5 calls in the last 2 hours.

She's worried he lost interest and doesn't understand why he didn't call back instantly.

Extreme example?

Not at all!

Guys share these stories all the time with me!

They tell me how girls they date suddenly change and need instant reassurance.

Insecurity!

That's what guys feel.

When a woman is insecure, she needs to be reassured all the time.

Guys can't stand that!

You have to understand that for a man, it is really hard work!

It's far too sentimental!

It's not fun!

Contact a man a couple of times a week!

A text message here and there is ok!

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5 interactions a day is usually too much.

If you don't hear from him for 2 days, don't assume he lost interest.

He is simply busy!

Guys can be worried about all sorts of stuff.

Problems at work, health issues or an aggressive ex.

Sometimes, it will take him a couple of days to get back to you.

That's ok!

You need to be cool with that!

He is not going to rescue you from your life.

Maintain a high level of emotional independence and don't ask him to fill up an emotional gap.

The less psychodrama, the best!

The place where so many women fail

Self righteousness!

I see women entering relationships in very aggressive ways!

They think:

“Here are my needs! I demand that you fulfil them! If you love me, you would do that for me! I deserve to get that from you!”

Too much assertiveness!

You need to relax!

I know you have needs!

Don't enter this new relationship as if it was a war zone.

A guys need to feel safe to enjoy you!

Emotional threat creates insecurity!

You want to create comfort instead!

That's a space where you can both relax and feel safe!

How do you feel when your boss calls you and demands something from you?

It's pressure!

It doesn't feel nice!

So, if you want to connect with a man, remove pressure and demands out of the equation.

A man's sexual needs

It's a lot about sex!

Would you stay with a man who has no idea how to fulfil your sexual needs?

Of course not!

Many women divorce over this issue!

Guys want a fulfilling and exciting sex life.

They won't get it if you have no idea how to please them.

It's two ways of course.

I see women withdrawing sexually because they don't want to play the game.

If you are not interested in sex and have no desire to explore, how do you feel he will react?

Why guys enjoy skilled women

Because it is powerful and fulfilling to spend time with a woman who knows what she's doing.

Dating skills include sex, conversation, energy and much more.

That's your dating vehicle.

If you spend just an hour with a man who knows how to treat you right, you want to come back for more.

Guys respond in the same way.

The best way to train your dating skills is to go on dates! A lot of dates!

You can read books but the best way to know how to swim is to jump in the water, not to stand by the pool.

The internet is another training ground on which you can practice!

You can sign up on a dating site and start interacting with men.

Train your flirting skills.

Do you get their attention?

Yes? No? Why?

It's fun to master the dating game because it allows you to connect with any man you want.

See that skill?

That's exactly what you want!

Even if your goal is to find your soul mate, these flirting skills will be with you for life.

Men! What They Want!

You can use them with any human interaction you have.

You are a people's person and you know how to connect.

Why guys are so taken by beauty and looks

Because they create pleasure.

The enjoyment of beauty is a mystical experience by itself.

It is bliss!

When a man spends time with an attractive woman and feels her radiance he is filled with delight!

The healthier you are, the more energy you radiate.

This is life force!

And it's what guys perceive.

Your looks are a reflection of this life force.

More than the shape of your body, what matters most is how much happiness, joy, pleasure, power or energy you radiate.

If you are unhappy about your body a guy feels that.

If you love your body that's what you radiate!

So, looks matter a lot!

They do!

And what matters even more are health and vitality!

If a woman is not a top model but energetic, vital and happy with herself she radiates an inner beauty that reflects all over her.

That's what guys pick up.

If you appear unhealthy and can't climb 2 stairs without running out of breath, that's again what guys pick up.

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They think:

“Here is a woman who has no idea how to take care of herself”

It’s difficult for a man to love you if you don’t love yourself.

The love you feel for your being is all over you!

It’s in the way you dress, the smile on your face, the people you connect with, the places you visit and the space you live in.

A guy can assess that instantly as soon as he sees you.

So, if you feel you score low on that, do something about it!

Take care of yourself!

Make positive life style choices!

Stop smoking!

Get some rest!

Don’t show up at a date totally stressed and overworked!

It feels like you have nothing to give.

Instead get off work early.

Give yourself a break!

You need to be proud of who you are when you arrive for this date.

Radiance! Guys love it!

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Why men enjoy being around radiant women

Because it gives them energy!

Radiance = Energy

When you are in the presence of another human being you pick up on their energy level.

That's called limbic resonance.

You balance your energy to naturally match the other person's energy.

Why is that?

Because a couple becomes a new energy unit.

This happens especially if you start a conversation with someone.

Subconsciously, you tune into that person.

Your energy bodies start interacting and you create a new energy unit which is the result of the merging of your 2 beings.

This happens all the time but because we have no instrument or sense to easily measure it, we often miss it.

So, if you want a guy to enjoy a date with you, you need to enjoy it yourself.

If you are stressed up, he will be stressed up.

If you are laughing and in a good mood, that's what he will feel and embody too.

Are guys afraid to commit?

It's not the commitment they are afraid of, it is the loss of their freedom!

A guy might start dating a woman and feel from the early stages her demanding or controlling patterns.

Look at his story before he met her.

He does what he wants!

He goes out with his friends and behaves the way he wants!

He is accountable only to himself!

Now, suddenly, there is this new power in his life!

A woman asking him to behave, treat her well, evolve, have ambitions, stay in good shape!

This is stress!

It is pressure!

Most women don't realize that!

They think: "If he loves me, he would do that for me!"

Yeah, right!

Why?

Why would a guy sacrifice his total sense of absolute control over his life and delegate part of this power to you?

Why???

Because you fulfil some of his needs.

Men! What They Want!

These are his needs for sex and romance, the need for comfort, family, children, complicity and so much more!

Now, in his mind, it's a very simple equation!

How much pleasure do I get from this.

How much is taken away from me?

The more you take away from him, the most likely he is to resist commitment.

So, what's the solution?

More freedom!

Stop trying to control a man's life!

I am serious!

What happens the day you stop trying to control him?

He stays with you not because he is forced to but because he wants to!

Got that?

Respect!

Respect his freedom and he will have no problem spending more time with you and even imagine a life with you.

It is really that simple.

In the safe coaching space I have with men, guys share their frustration a lot!

They complain about this specific fact all the time!

They don't want to be micromanaged!

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Men! What They Want!

When they enter in a relationship with you, they don't want to give up their power and freedom!

They want to stay themselves and simply add new qualities to their lives by being with you!

They are not asking for someone to take over their lives!!!

Feelings change!

That's a big one that confuses men and women a lot!

Feelings change!

They evolve!

A man can be in love with you one day and in love with someone else the day after!

These things happen!

People make wedding vows one day and divorce one year later!

Why? How is that possible?

It is possible because feelings are impermanent.

You take away what sustains these feelings and they can disappear almost instantly.

Take the waves of attraction and repulsion in a couple.

You might feel intense love for a guy and if you have a fight, fall out of love instantly.

You might have sex with your partner and be romantically triggered a day later by a call from your ex.

You want to believe that feelings are like rocks, steady and unmovable.

You want to believe that because it gives you security.

The good news is that you can trigger positive and love feelings.

The totality of this book is dedicated to that!

Men! What They Want!

Show you how to play and manipulate human emotions to get a certain result.

Certain attitudes will always trigger love.

Some other behaviours will trigger repulsion.

It's almost mathematical.

You give stability to your couple by consciously manifesting the ingredients that strengthen it.

You are an alchemist.

You can modulate these qualities at will!

Why men sometimes cheat

They cheat because they are bored.

They no longer feel the spark in the relationship they are in.

So, they go and look somewhere else.

They cheat because the opportunity presents itself.

They cheat because sometimes, their animal instinct wins and overpowers the rational mind.

Some men will naturally be faithful!

They are because they make that decision consciously!

Now, if you are dating a guy and worry about him cheating, the best way to avoid a betrayal is to keep him deeply happy in the relationship he has with you.

Trying to limit his freedom or controlling him does not work.

That makes him even more prone to look for freedom.

It's the moment the relationship and sex are totally fulfilling that he will most likely be faithful.

Another way to limit the risk is to establish clear and solid boundaries in your couple.

Have a discussion one day with him and let him know exactly what would happen if he would cheat.

This is a gentle warning letting him see that you have your limits.

If he crosses them the relationship is over.

Your needs!

Look, I am not saying that you must drop your needs in this equation!

The goal is that everyone's needs are fulfilled!

I do believe that men and women can create fantastic win-win connections!

It happens to tons of people all the time.

Why?

Because they bring the right ingredients to the table!

I say it again:

Men are predictable!

You submit them to certain behaviours or situations and they will want to run away systematically.

What is it that makes you attractive to men?

Increase what makes you attractive and get rid of what's unattractive.

Here is something else I want you to check:

Are you angry with men?

Are you angry with men?

Ask yourself this simple question.

Are you angry with men?

If you are, I can imagine dozen of reason why you would feel that way!

Maybe...

You had a male boss who diminished you publicly!

An ex boyfriend dumped you without warning!

Your father never acknowledged you or gave you the deep love you deserved!

This guy at the club was drunk and insulted you!

You might have many reason to be angry and frustrated with men.

The problem is that if you project that stuff next time you are on a date, the man facing you will feel it.

Many men feel they walk on egg shells with women.

They are nice guys, attentive, gentleman, ready to establish a great connection with you.

But they feel as well that before they are given a chance they must first overcome layers of frustration in the women they date!

They feel that a lot is projected on them that has nothing to do with them.

Why would a man need to solve your past frustrations?

That's simply not fair!

Men! What They Want!

Let's mirror this example and imagine that you are on a date with a guy!

This guy just divorced and is really pissed with women.

He is frustrated and you can feel it.

He brings a whole suitcase of unsolved luggage to the conversations you have with him.

How does that feel?

It feels like hard work!!!

It's not fun!

You want to date men who are emotionally sound, right?

Well, so do guys!

If they are on a first date with you and you unveil a lot of unsorted old pains, they feel like they have to handle you with special gloves.

Imagine you are on a date and something unexpected and potentially irritating happens.

Do you have any idea how relaxing it is when no scene is made and two people have the resilience to stay cool!

Let's say the food is bad or public transport is cancelled and you stay cool!

Guys can feel it if you are enslaved by emotions you don't control.

If you are angry, fully in charge of your anger and can modulate it at will, that's another story.

What frustrates men is the lack of emotional balance in the women they date.

Guys are humans! They make mistakes!

Forgive them!

It is that simple!

Men are not perfect!

When you see a guy doing something inappropriate, be cool with it!

Relax!

They all want to learn but you need to give them some space to experiment a bit.

You can mentally think: "Cute"

Intolerance is one of the greatest hang ups you can have concerning men.

Men will make mistakes!

There is no doubt about it!

The question is: "How will you respond when they do?"

Will you give them the cold shoulder or pressure them with emotional threat or will you simply accept it.

I know... You have different mistake sizes!

Some stuff is really not ok!

I agree!

The thing is that most guys can feel it when they messed up.

All they want is often a second chance.

Men! What They Want!

If you are looking for the absolute perfect guy, you will be disappointed in one way or another.

A man might give you lots of emotional security but then miss passion in bed.

He might not be that gentle.

Have no idea how to cook.

Have very poor life style choices.

Live too far away.

If you want to disqualify men, you will always find something.

That's being too picky and I see women doing that a lot!

Especially women who are in their end 30's or 40's and are wondering all the time why they are still single.

You got it!

It is because they put the bar too high!

Too high expectations that can't be fulfilled!

That's a self sabotaging attitude that destroys your chances with each man you date.

If you do that, you tend to focus a lot on the negatives.

This creates lots of anxiety around dating.

What's the alternative?

Accept him exactly the way he is.

Internally, say to yourself: "I accept you exactly the way you are. Your imperfections are fully part of you. There is nothing in you I want to change".

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Men! What They Want!

Men talk about that a lot!

They will say things like:

“My wife is funny! She spent the first 5 years of our marriage trying to change me! And then spend the next 5 years trying to find out what happened to the guy she fell in love with when we first dated!”

I know... Big contradiction, right?

Conclusion

I hope you enjoyed this book!

Feed back? Questions? Success stories?

Email me at francisco@vitalcoaching.com

For coaching:

<http://vitalcoaching.com/coaching.htm>

For more:

<http://vitalcoaching.com>

To your power!

Francisco Bujan