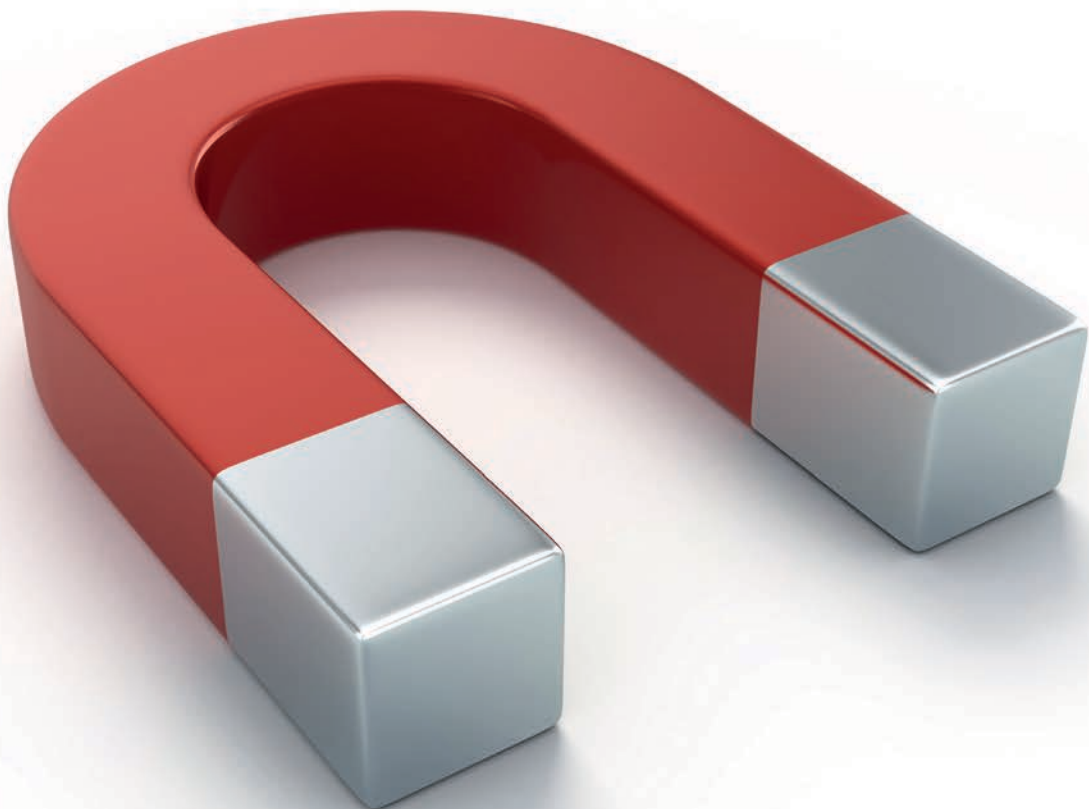


10 steps to be more naturally attractive to women

by Mark Tyrrell

**Full self hypnosis program
with practical exercises
and 10 audio downloads**



10 steps to be more naturally attractive to women

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10 Steps to Be Naturally Attractive to Women

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10 steps to be more naturally attractive to women

Mark Tyrrell

Introduction

Introduction

If you want to naturally and effortlessly attract women, you have to put some effort in.

Contradiction?

There may be some guys out there who truly never have to give attracting women a thought – but I’ve never met any, and I’m willing to bet you haven’t either. Of course, some people find the whole business of getting together with the opposite sex easier than others – like everything else in life.

But – like everything else in life – you can always get better at what you do.

And you know what? When you get really good at what you do, the rest of the world thinks it’s effortless.

What’s wrong with trying to attract women

Now the mystery of attraction between the sexes, on both sides, is that those who are most visibly making an effort are the least likely to be successful. If she picks up that you are ‘trying’ to attract her, she is most unlikely to be very interested. Why? Because you are focusing on the wrong thing. Or rather, on the wrong person.

No matter what you may be saying or doing on the outside, the focus *inside* when you are ‘trying’ is all “How am I doing? Am I winning or not?” And women can tell.

I hate to say this, but in the attraction stakes, this is shooting yourself in the foot. It’s all about *you* and not about *her*. She becomes just the trophy you are after, and believe me, there isn’t a woman on the planet who wants to be a trophy.

How much do you really want it?

Now before you get totally downhearted and conclude that there is no hope for you, let me ask you this.

Are you **really, truly, in earnest** about wanting to get together more easily with women, and maybe even find yourself a serious partner?

Are you ready to acknowledge that there is **no instant fix** or magic spell that will just 'make it all happen'?

Are you man enough to **do what it takes** to learn what you need to learn so that you can give yourself the best possible chance?

If you can answer **YES** to those three questions, then I have good news for you.

What science has to say about attraction

A great deal of research has been done into what attracts men and women to each other. It is not just 'luck of the draw'. The critical factors have been analyzed in detail. There is no doubt that looks and wealth play a major role on the very big picture level of *all men* and *all women*. But down at the individual level – where *you* are – looks and wealth matter significantly less than you might think.

You might not be able to do much about your looks (though you can look after yourself and dress well). You may or may not have room for maneuver on the wealth front. But pretty well *every* other factor that counts in attraction between the sexes can be *dramatically* affected by *what you do*.



A great deal of research has been done into what attracts
men and women to one another

You already know what you have been doing so far hasn't got you the results you want. If it had, you wouldn't be reading this. Understanding *why* you have been doing things that don't work isn't as important as finding out what *does* work, *learning* how to do it, and *getting on with doing it*.

The researchers have already done the job of finding out what works. Now anybody can learn it, if they're willing. And that means *you* can learn it.

Hypnosis can help you make fundamental changes - easily

Here's some more good news.

If you want to master new skills, develop new habits and generally enhance your life, the most powerful tool available to help you is hypnosis. In hypnosis, you don't only learn at the conscious level, in your head. You don't just learn the 'theory'. You literally reprogram the neural pathways of your brain so that the new behavior becomes a real, natural, fundamental 'part' of you. Just who you are and what you do.

The **10 steps to be more naturally attractive to women** course combines the essential findings of the research scientists on what works in the attraction game with carefully selected hypnosis sessions to enable you to begin to make real changes that will really make a difference.

It won't only make a difference to how you get on when you meet women. It'll make a difference to the whole of your life, giving you a confidence and self-assurance and ease with other people that is not 'put on' as a ploy in the hope that somebody will be attracted – but is just who you naturally are.

And a man who is at ease with himself and others is just – naturally – attractive.

Ready to commit?

Making big changes in how you approach the business of relating to the opposite sex requires a big investment of your time and energy. To get the maximum benefit, you need to make a strong commitment to yourself:

- to read your material – over and over
- to listen to your downloads regularly
- to do the exercises
- to practice your new behaviors
- to be patient with yourself and give yourself time

- to notice, monitor and celebrate your progress

and most important of all

- NEVER EVER TO GIVE UP!

How to see how you're doing – the Progress checker

We've put the material in this course together very carefully to make it as easy as possible for you to use, and to review as often as you need. Each Step provides you with vital information, tips, exercises and information about related material.

The related material includes

- links to other associated downloads you might like to purchase (these are suggestions only – they are *not* required for the course)
- links to *free* informative articles to enhance your progress and understanding.

If you are reading your PDFs on screen you can click on any hyperlink to go directly to the associated URL.

Each Step includes a **Progress Checker** sheet containing two identical charts. We recommend that you print out several copies of the Progress Checker for each step you undertake and keep them sorted in a folder.

The Progress Checker makes a number of statements on the topic covered in that Step, and asks you to indicate how true these statements are when applied to you. Nobody is going to see this information but you. Be honest and *fair* with yourself.

We recommend that you fill in the first chart on the day you start that Step, **before** you read the material or listen to the download. This will give you a base line against which to monitor your progress.

It's only natural that, when you start, most answers will tend to fall to the left hand side of the chart.

At the end of the 7-day assignment period, complete the second chart.

Each week after that, continue filling in a Progress Checker for that Step, even when you have moved on to a subsequent Step.

And so on.

Keeping tabs on yourself like this makes you more aware of even small improvements and helps you to stay committed.

Even *one* move to the right on the chart is progress, and you should be ready to appreciate and congratulate yourself on the smallest positive change that you notice. Always remember that you have a long term goal here, and it's little steps that will get you there. From time to time you may see a big jump, but gradual, steady, sustainable progress is what you are really after.

When do you stop filling in your Progress Checkers? You won't need us to tell you...

Get to work! You won't regret taking this course.

Good luck.

Mark

10 steps to be more naturally attractive to women

Mark Tyrrell



**Building self
confidence**

Step 1

Building self confidence

Welcome to the first step in your **10 steps to be more naturally attractive to women** from Hypnosis Downloads.

ACTION POINT! Remember to fill in your **Progress Checker** before you start!

Talking to women is no small thing. We're talking about the beauty of human interaction here, and ultimately the very progress of the human species. So it makes sense to lay the ground properly and know what you're doing.

But what really makes a woman *want* to talk to you and – more crucially – become attracted to you?

It's often said that "love is blind" and there is no rhyme or reason as to why some people are attracted to some other people. We've all seen lovely women drawn to guys who fall a bit short in the personal beauty stakes and no, it's *not* just about money, because status can be conveyed in many different ways. It can all seem something of a mystery.

But there *is* science behind attraction. And in this course you'll learn what steps to take to naturally increase your personal sexual magnetism through tried and tested means.

Forget how you look, what you earn, or how big your... err... muscles are. There is something that you can't bottle, collect or see, but you and everybody else can *feel* it. And it can make all the difference in the world.

You already know what it is: **confidence**.

Women love self confident and relaxed men. In fact, the less stressed you are, the more sexually attractive you become. (1) Which, when you think about it, is rather good news for us guys because, while we can't make ourselves taller, or *that* much better looking (though we can make the best of what we have), we can all learn to be more self confident.

Women instinctively know when you're relaxed around them.



Self confidence can make up for other shortcomings

How to attract women through confidence

But it's not just about *being* more relaxed and self confident, although women will certainly pick up on this. It's also about *projecting that confidence in the right way*. This is something we'll share with you throughout the course.

Human communication is incredibly subtle, and we all pick up unconscious signals all the time, so it's important that there is a close match between

- how you want others to *perceive* you and
- how you actually *feel* inside.

Sure, we can all fake self confidence to some extent, but to really benefit from this highly attractive quality you need to *genuinely feel* it. It needs to become part of who you are – a personal power, so to speak – that you can start to tap into *at will*. Especially around women.

Self confidence: Fake it to make it

Take a minute to really think hard about what self confidence *looks like*.

Head up? Open posture – easily taking up space with your body? Relaxed gaze?

In one study, researchers found that men who held their heads up were more attractive to women, (2) and another survey found that maintaining a confident body posture could – in turn – *make you feel more confident*. A kind of 'fake it till you make it' writ large. (3)

So *practice* acting and looking like a confident person – or, rather, looking like *you* when *you* are confident.

Exercise • You can do this

Think about times when you have felt relaxed and confident. These could be recent occasions when something was going well for you, or times in the past when you felt happy with what you were doing and how you were doing it. (It doesn't have to be anything to do with women!)

Make a little list of these memories.

Take each of these memories in turn and think about them as if you could see yourself from the outside, like watching a movie of yourself in that situation.

Run the movie three times and notice

- your **body language** – how you stood or sat or moved, what kind of gestures you made, the expression on your face
- your **voice** – the tone of your voice, the level of enthusiasm that could be heard in your voice, how freely and easily you spoke
- your **actions** – what you did, the way that you did it, how easily and naturally your actions flowed

Then imagine yourself back in that situation and **ACT OUT** (maybe in front of a mirror) what you did and said, using your body, your voice and your actions just like you did then. Really connect strongly with the feelings.

Doing this exercise regularly will remind you that you know how to be confident and relaxed, **you can DO 'confident and relaxed'**. And it feels good.

Now let's look at the mysterious appeal of the 'bad boy'.



Some women are attracted to the self confidence and 'edgy' unpredictability of 'the bad guy'

Why do women seem attracted to the 'bad boys'?

It sometimes seems that a lot of women are attracted to 'bad boys', or 'jerks', but it's important to remember that is not their 'badness' or 'jerkiness' that is the operative factor. It's the *self belief and energy* they exude. The badness/jerkiness may be the price (some) women are willing to pay just to be exposed to some of that refreshing self confidence.

That's how important it is.

Self confident men keep women on their toes and bring surprise, challenge and the excitement of the (pleasantly) unexpected into their lives. If the self confidence crosses over into arrogance, some women will still follow that confidence far into the badlands, just to stay connected with the intoxicating sense of powerful self belief.

Your self confidence needs to be optimal when you're around women in order to be your most attractive. How do you do that?

You start by focusing on your *general level of confidence*, regardless of women. In the later sessions we'll address how you can then *use* your improved self-confidence in attracting women.

That's why we're starting with a pure confidence builder.

So what is your first step in your journey to increased attractiveness to women?

ASSIGNMENT 1

Self confidence booster

Download [Self confidence booster](#) and listen to your download

- every day
- at least once a day
- for 7 days
- or until you notice at least half of the progress indicators shown below

Progress indicators

- the symptoms you associate with lack of self confidence have noticeably diminished
- you notice yourself feeling more relaxed generally – judging by how calm you feel on waking and how upbeat you are when you go to bed at night (alone or otherwise!)
- you are more ready to go into situations you feel uncertain about with a sense that “Whatever happens, I’ll be OK!”
- you are less concerned with what others might think of you
- you find it easier to make decisions and trust your choice
- you get more pleasure from your own and others’ humor

Supplementary material

Related downloads available to purchase

[Building self esteem](#)

Self esteem equates to how relaxed you are with who you are, and is intrinsically linked to attractive self confidence.

[10 minute power nap](#)

Lower stress hormone levels can make a man more attractive. This session will lower your stress levels quickly and easily.

[Overcome insecurity](#)

Being a ‘lame dog’ is not a particularly attractive quality. This session helps you feel more secure in your life and your self.

Recommended FREE articles

[Selected self confidence building activities](#)

[How to build self confidence: 7 tips you can apply now to feel more confident](#)

Right, that's all for now; be sure to learn all you can from this first session.

Just relax with the material and 'make it your own', so that it starts to be second nature to you.

Check your progress indicators regularly and be aware (and proud!) of small as well as great improvements. The important thing is to keep going in the right direction.

Next time we'll be majoring on minimizing that most unattractive of qualities, self consciousness.

All the best

Mark

Notes

- (1) One study found that women considered men with low stress levels (as measured by levels of the stress hormone cortisol) more attractive than their stress-head counterparts. So simply learning to relax with women will make you considerably more attractive. This study ('Evidence for the stress-linked immunocompetence handicap hypothesis in human male faces') was published in the Proceedings of the Royal Society B in September 2010. Non-scientists may prefer to read this related news article: [Low stress levels 'increase male attractiveness to women', Abertay research finds](#).
- (2) A tilt of the head, it seems, can make both men and women look more attractive, according to a new study. Australian researchers have found that men are considered better-looking when they tilt their heads backward. The study ('[A New Viewpoint on the Evolution of Sexually Dimorphic Human Faces](#)') was co-authored by Danielle Sulikowski of Macquarie University and Darren Burke of the University of Newcastle in Australia.
- (3) Liverpool University's Professor of Clinical Psychology and Headroom Consultant, Peter Kinderman, speaking to the BBC, stated: "There is considerable scientific evidence that just the physical act of a smile can induce positive emotions in a smiler, just as standing straight and looking up can help us feel more confident." (See BBC News article: [Swansea accentuates the positive](#))

Self confidence progress checker

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I feel much less awkward with other people than I used to					
I am more relaxed generally					
I can cope with most situations					
I don't care so much what other people think					
I can make decisions and stick to them					
I enjoy jokes and humor					

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I feel much less awkward with other people than I used to					
I am more relaxed generally					
I can cope with most situations					
I don't care so much what other people think					
I can make decisions and stick to them					
I enjoy jokes and humor					



I hope you found Step 1 of the 10 Steps to be More Naturally Attractive to Women course useful

If you would like to try the whole course, you can [read about it here](#).

All my very best,

Mark Tyrrell

Co-founder of Uncommon Knowledge

Author of [10 Steps to be More Naturally Attractive to Women](#)