Get A Great Guy Guide

Affiliate swipe pack

You earn 75% on the course, 75% on every upsell and 35% on recurring billing, and ClickBank tracks your link for 60 days.

Replace [YOUR HOPLINK] with your own hoplink from https://aff.meetysweet.com/greatguy/links/

Replace [First name] with your autoresponder's first-name tag. Send only to people who asked to hear from you, and keep the affiliate-link note on every social post.

Contents: Emails, Newsletter inserts, Social posts and hooks.

Emails

New swipe emails (rewritten November 2026)

Each email has three subject lines to test, a preview line and the body. Your hoplink is filled in for you once you have saved it on the Promotion Links page. Swap **[First name]** for your autoresponder's first-name tag, and fill in any line in [square brackets] in your own words before you send.

1. Cold list intro: The time-waster pattern

Subject: The man who checks his phone at dinner

Subject: Spot a time-waster by date two

Subject: Something I wish I'd read years ago

Preview line: If you can predict how it ends, look at the pattern.

Hi [First name],

You know the one. He's charming on the first date, keen on the second, and by the fourth he's checking his phone under the table and taking a day and a half to answer a simple message.

Then he drifts off, and you're left wondering what you did.

Here's the thing most of us never get told. Those men tend to show who they are early, usually in small ways, and we miss it because we're busy hoping. Once you learn to see it, you stop giving them months of your life.

Mirabelle Summers wrote a guide about exactly this. It's called the Get A Great Guy Guide, and the subtitle says it plainly: make men love you while avoiding time-wasting jerks. It's for women who are done repeating the same three-month relationship with a different face.

There's a short video on the page where she tells her own story first. Watch it with the sound on:

[YOUR HOPLINK]

If it isn't for you, close the tab and carry on with your day. If it is, you'll know within a couple of minutes.

Talk soon,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. The guide is $47, one payment, and it comes with a 60-day no-questions-asked refund, so you can read it properly before you decide.

2. Cold list intro: Your list of what you want

Subject: Describe him in one sentence

Subject: Know what you want, then find him

Subject: A quick question for you

Preview line: Most of us can describe the last three exes better.

Hi [First name],

A quick exercise before you read on. Take ten seconds and describe the man you want in one sentence.

Not his height or his job. What it feels like to be with him on an ordinary Tuesday.

If that was hard, you're in good company. Most women I talk to can describe their last three exes in painful detail and go blank on this one. And when you don't know what you're looking for, you tend to say yes to whoever turns up and seems interested.

That's where the Get A Great Guy Guide by Mirabelle Summers starts. Before any advice about men, she has you work out what you want and how to recognise it when it's sitting across the table from you. Then she moves on to attraction, building something real, and knowing when to take it further.

She tells her own story in a short video here:

[YOUR HOPLINK]

It's worth the few minutes even if you never buy anything.

Warmly,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. If you do the one-sentence exercise, keep what you wrote. It's a better filter for dating apps than any age range.

3. Warm recommendation: Start with you

Subject: Why I'm recommending this one

Subject: A dating guide that starts with you

Subject: This is different from the usual advice

Preview line: No scripts, no tricks, no pretending.

Hi [First name],

I'm wary of dating advice. Most of it hands you a script: wait three days, laugh at his jokes, wear red. You end up playing a character, and if it works, he's fallen for the character.

The Get A Great Guy Guide by Mirabelle Summers goes the other way. She starts with you: what you want, what's held you back, and the old ideas about men you've been carrying since your first heartbreak. Then she gets to the practical side, from catching a good man's attention to building a relationship where he trusts you and tells you what he's thinking.

[Add one honest sentence about why this matters to you or your readers.]

What I like most is that it doesn't let you just read and nod. It's a big guide, over 250 pages, and each idea comes with what she calls an Actionable Attraction Challenge, a small thing to go and do in real life. That's where change happens.

You can see what it's about here:

[YOUR HOPLINK]

It's $47, one payment, and it's backed by a 60-day no-questions-asked guarantee.

Speak soon,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. Start with the short video on that page. Mirabelle explains the thinking behind the guide in her own words, and you'll know quickly whether it fits you.

4. Warm recommendation: The next-level question

Subject: Where is this going?

Subject: When to ask him what this is

Subject: The question most of us ask too soon

Preview line: There's a right time to ask, and a wrong one.

Hi [First name],

You've been seeing him for a few weeks. It's good. He texts back, he makes plans, he remembered your sister's name.

And now there's a question sitting in your chest: what is this?

Ask too early and you worry you'll scare him off. Wait too long and you might find out you've been building something on your own for six months. Both happen all the time, and the answer in both cases comes down to timing and reading what's already in front of you.

Mirabelle Summers covers this in the Get A Great Guy Guide: how to tell when a relationship is ready to move to the next level, and how to get there without putting it at risk. She also covers what a man expects from you once things are serious, and what you can fairly expect from him, which is a conversation most couples never have out loud.

The guide starts with a short video here:

[YOUR HOPLINK]

If you're in the middle of this question right now, it's worth watching tonight.

Take care,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. It's $47, one payment, with a 60-day no-questions-asked refund if it isn't for you.

5. Evergreen: All the good ones are taken

Subject: Are all the good men really taken?

Subject: Where the good ones are hiding

Subject: Something a friend said last week

Preview line: Why it feels true, and why it isn't.

Hi [First name],

'All the good ones are taken.' I've heard it said over coffee, at weddings and once, memorably, by a woman standing next to a perfectly lovely man who was clearly trying to talk to her.

It feels true for a simple reason. The men who make the most noise in your life are rarely the best ones. The steady, kind, funny man who'd show up every time tends to be quiet, and if you're looking for the spark you felt with the last charmer, you walk straight past him.

The Get A Great Guy Guide by Mirabelle Summers spends a lot of time here. She helps you work out the kind of man you actually want, recognise him when he comes along, and stop letting old ideas about men decide who gets your attention. It's a guide about avoiding time-wasters as much as finding someone, and that's the part most dating advice skips.

She explains her approach in a short video:

[YOUR HOPLINK]

Watch it, then have another look around the room.

All the best,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. The guide is over 250 pages and comes with a 60-day no-questions-asked guarantee, so there's no rush to judge it on page one.

6. Evergreen: Old baggage, new man

Subject: Is your ex still in the passenger seat?

Subject: Leave the old story at the door

Subject: Before your next first date

Preview line: You can't meet someone new while carrying the last one.

Hi [First name],

Here's a small test. On your last first date, how many times did you think about a previous man? Not out loud. Just in the back of your mind, comparing, bracing for the same ending.

Most of us carry our history into every new meeting. A man who cheated makes you suspicious of the next one's phone. A man who left makes you hold back so nobody can leave again. It's natural, and it quietly sabotages good men before they've had a chance.

[Add one honest sentence from your own experience with this, if you have one.]

Mirabelle Summers deals with this directly in the Get A Great Guy Guide. Letting go of the baggage and misconceptions that held you back is one of the first things she works on, before she gets to attraction and relationships. The exercises, which she calls Actionable Attraction Challenges, make it practical rather than a pep talk.

You can see what it covers here:

[YOUR HOPLINK]

It's one payment of $47 with a 60-day no-questions-asked refund.

Warmly,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. Start with the video on the page. Mirabelle tells her own story first, and it's the most honest part of the whole pitch.

7. P.S. short: Stuck after date three

Subject: Quick one about date three

Subject: Past date three this time

Subject: Just this

Preview line: Getting dates isn't the problem.

Hi [First name],

If getting a first date is easy for you but things fade by date three or four, this one's for you.

Mirabelle Summers's Get A Great Guy Guide covers what happens after the first spark: building attraction into something real, and spotting the time-wasters before they cost you months.

Short video here:

[YOUR HOPLINK]

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. $47, one payment, 60-day no-questions-asked refund.

8. 5-day launch: day 1: The same man in a different shirt

Subject: Why does the same man keep turning up?

Subject: Stop dating the same man twice

Subject: Something I've been meaning to ask you

Preview line: Different names, same ending. There's a reason, and it isn't bad luck.

Hi [First name],

Have you ever met a new man, felt that first flutter of hope, and then watched him turn into a copy of the last one?

Different name, different job, maybe a different city. But the same slow fade, the same vague answers when you ask what you are to each other, and the same feeling at the end that you gave more than you got back.

When that happens two or three times, most women decide they're unlucky, or that there are no good men left where they live. I understand why. It's a lot easier to blame the dating pool than to sit down and work out why the same type of man keeps getting through.

But there is a reason he keeps getting through, and it's something you can change. Over the next few days I'm going to send you a short email each day about it, because I've come across a guide that explains it better than anything else I've seen.

It's called the Get A Great Guy Guide, by Mirabelle Summers. If you'd like to look ahead, there's a short video on the page where she tells her own story:

[YOUR HOPLINK]

Tomorrow I'll tell you where she says the change starts. It isn't where most dating advice starts.

Talk soon,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. You don't need to do anything today. Just notice, the next time a man messages you, whether he reminds you of anyone.

9. 5-day launch: day 2: It starts with what you want

Subject: Where the change starts

Subject: Pick the right man before he picks you

Subject: Yesterday's question

Preview line: Before any advice about men, Mirabelle starts somewhere else.

Hi [First name],

Yesterday I promised to tell you where Mirabelle Summers says the change starts.

It starts with you, and with two things in particular.

The first is getting clear on the kind of man you actually want. Most of us have a rough idea, something like kind, funny and has his life together. That's a nice wish, but it doesn't help much when a charming man with none of those qualities sends a sweet message at eleven at night. Mirabelle helps you work out what you want in enough detail that you can recognise him when he turns up, and recognise when someone else isn't him.

The second is the baggage. Every one of us carries old ideas about men, from the ones who hurt us, from our parents, from friends who were let down. Those ideas decide who we trust and who we brush off, often without us noticing. Clearing them out is one of the first things the guide works on.

Only after that does she get to attraction and dating, and that order is the reason I'm writing to you about it.

Here's the guide and the video that goes with it:

[YOUR HOPLINK]

Tomorrow I'll write about how to tell a man who's worth your time from one who isn't, much earlier than most of us manage.

Speak tomorrow,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. The guide is over 250 pages, but you don't have to read it in one go. The first sections alone are worth an evening.

10. 5-day launch: day 3: Spotting a time-waster early

Subject: How early can you tell?

Subject: Spend your evenings on men worth it

Subject: Today's one is practical

Preview line: The signs show up early. You just need to trust what you see.

Hi [First name],

Today's email is about the time-wasters, because the guide's subtitle is about them: make men love you while avoiding time-wasting jerks.

A time-waster rarely announces himself. He's often lovely company. What gives him away is the gap between what he says and what he does. He talks about taking you to a place he loves, and the plan never arrives. He's warm in person and hard to reach in between. He likes you a lot, on his own schedule.

Most of us see these things early. We just explain them away, because we like him and because we're tired of starting over.

What Mirabelle does in the Get A Great Guy Guide is help you trust what you see. Once you know clearly what you want, which was yesterday's email, the mismatch shows up much sooner, and saying "no thank you" stops feeling like a loss. It starts to feel like keeping the door open for someone better.

You can see the guide here:

[YOUR HOPLINK]

Tomorrow I'll write about the other side: what happens when you do meet a good man, and how to give that a real chance.

Speak tomorrow,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. If a particular man came to mind while you read the second paragraph, that's worth paying attention to.

11. 5-day launch: day 4: When a good man turns up

Subject: What to do when he's actually good

Subject: Turn a good start into something real

Subject: The part I was looking forward to

Preview line: Meeting him is one thing. Building something with him is where the guide spends real time.

Hi [First name],

Here's a situation a lot of women find harder than the bad dates: meeting a man who is actually good.

He's steady. He calls when he says he will. And part of you doesn't quite know what to do with that, because you've had so much practice with the other kind.

This is where the Get A Great Guy Guide goes further than most dating books. Mirabelle Summers covers how to get a good man's attention and build attraction, and then she keeps going. She shows you how to build a relationship where he trusts you and tells you what he's thinking, how to know when it's the right time to take things to the next level without putting the relationship at risk, and what you can expect from each other once you're together.

Each idea comes with what she calls an Actionable Attraction Challenge, a small thing to go and do in real life rather than just read about. I like that a lot. You could read about being open with a man for weeks, but sending one honest message on a Wednesday teaches you more.

Here's where to see it:

[YOUR HOPLINK]

Tomorrow is my last email about the guide, with the price and the guarantee, so you can decide.

Talk soon,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. If you're already seeing someone good, the next-level part of the guide might be the most useful thing in it for you right now.

12. 5-day launch: day 5: Your decision, with the facts

Subject: The answer to my first question

Subject: Meet a man who is worth it

Subject: My last email about this guide

Preview line: The price, the guarantee, and the answer I promised on day one.

Hi [First name],

In my first email this week I asked why the same kind of man keeps turning up in your life.

Here's the answer the Get A Great Guy Guide gives, as simply as I can put it. When you're not clear on what you want, and you're still carrying old ideas about men, you tend to say yes to whoever is interested and keen at the start. Time-wasters are very good at being keen at the start. So they keep getting through, and the steady men, who are quieter about it, get passed over.

Change those two things and the men who get through can change too. That's what Mirabelle Summers spends the guide teaching, with exercises for each step, from working out what you want

to building a relationship with a man who's worth it.

Here are the facts. It's $47, one payment, and an instant download. It comes with a 60-day, no-questions-asked guarantee: if it isn't for you, email support@meetyoursweet.com within 60 days and you get a full refund.

Watch the video first, then decide:

[YOUR HOPLINK]

Whatever you choose, thank you for reading along this week.

Warmly,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. I won't keep sending you emails about this guide after today. If it's right for you, now is a good time to have a look: [YOUR HOPLINK]

13. Re-engagement 1: Still looking? A short check-in

Subject: Did this one get buried?

Subject: Better dates start with one change

Subject: Checking in with you

Preview line: In case my last few emails slipped past you.

Hi [First name],

My last few emails were about a dating guide, and I suspect a few of them got lost under everything else in your inbox. That happens to all of us.

So here's the short version.

If you keep meeting men who start strong and then drift, or you keep ending up with the same type even though you know he isn't right for you, there's a guide I think is worth your time. It's the Get A Great Guy Guide by Mirabelle Summers.

It begins with you: what you want in a man and the old ideas about men you may still be carrying. Then it moves to the practical part, which is getting a good man's attention, spotting the time-wasters early and building a relationship where he trusts you and tells you what he's thinking.

There's a short video on the page where Mirabelle tells her own story before she says a word about the guide:

[YOUR HOPLINK]

If dating isn't on your mind right now, that's fine. Just delete this and I'll be back next time with something else.

Talk soon,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. The guide is $47, one payment, with a 60-day no-questions-asked refund.

14. Re-engagement 2: One question, then I'll stop

Subject: Can I ask you one thing?

Subject: Get dating advice that fits you

Subject: Is this still useful to you?

Preview line: A yes or no question about your love life.

Hi [First name],

I'd like to ask you one question, and you only have to answer it to yourself.

Are you happy with the men you've been meeting this year?

If the answer is yes, wonderful, and you can skip the rest of this email.

If it's no, or "sort of", I'd like to point you to one thing before I move on to other topics. The Get A Great Guy Guide by Mirabelle Summers is written for women who are tired of giving their time to men who aren't going anywhere. It helps you work out what you want, let go of what held you back before and recognise a good man early, and then it shows you how to build something real with him.

What makes it different from a pile of articles is the exercises. Mirabelle calls them Actionable Attraction Challenges, and each one is a small thing you go and do, so the ideas turn into habits instead of staying on the page.

You can see it here:

[YOUR HOPLINK]

That's the last time I'll bring it up for a while. Thank you for staying on my list.

All the best,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. If you've been meaning to look and never found the moment, the video on that page is a good place to start.

15. Story-led: The Sunday after another first date

Subject: The Sunday after another first date

Subject: Make Sunday night feel different

Subject: This one's a bit personal

Preview line: Picture the quiet evening after a date that went nowhere.

Hi [First name],

Picture a Sunday evening. You had a date on Friday. He was fine. He talked a lot about his work, he was polite, he paid, and when he said "let's do this again" you both knew neither of you meant it.

Now it's Sunday, you're on the sofa with a cup of tea, and you're scrolling through the same faces on the same app, wondering whether to bother this week.

If that evening feels familiar, I'd like to suggest something. The trouble usually isn't the effort you're putting in. You're putting in plenty. The effort is going towards men you never really wanted in the first place, because nobody ever helped you get clear on who you do want.

That's the first job in the Get A Great Guy Guide by Mirabelle Summers. She has you work out the kind of man you actually want and then learn to spot him, so fewer Fridays go on men who were never right. From there she covers getting his attention, building attraction and turning it into a relationship.

There's a short video here where she tells her own story:

[YOUR HOPLINK]

Next Sunday could look different, and it's worth a few minutes to find out how.

Warmly,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. It's $47, one payment, and you have 60 days to decide whether it was worth it, with no questions asked.

16. Story-led: Successful everywhere but love

Subject: You can run a meeting, so why not a date?

Subject: Bring your confidence into dating

Subject: For the capable women on my list

Preview line: You're good at so much. Why does this one area feel so hard?

Hi [First name],

Say you're the person everyone calls when something needs sorting out. You manage people at work, or a household, or both. You've handled money worries, family trouble and a move across town without falling apart.

And then a man you like doesn't reply for two days, and you're rereading your last message at midnight trying to work out what you did wrong.

If you've ever felt that gap between how capable you are everywhere else and how lost you feel in love, you're far from the only one. Dating has a way of bringing back old fears that the rest of your life left behind a long time ago.

Mirabelle Summers wrote the Get A Great Guy Guide for women in exactly this spot. It starts by clearing out the misconceptions about men and dating that quietly run the show, and it helps you get clear on what you want. Then it teaches the practical side, from getting a good man's attention and building attraction to spotting the time-wasters before they cost you months.

The exercises in it, which she calls Actionable Attraction Challenges, are small real-life steps. Capable women tend to like those, because you get to do something rather than just think about it.

Here's the guide:

[YOUR HOPLINK]

All the best,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. The good sense you use everywhere else works in dating too once you trust it, and the guide helps you do that.

17. Story-led: Back out there after a long time

Subject: The first date in years

Subject: Date again, with your eyes open

Subject: If you're starting over

Preview line: For anyone getting back into dating after a long relationship.

Hi [First name],

Imagine you've just come out of a long relationship. Maybe it was ten years, maybe it was twenty. You've done the hard part, the grieving and the sorting out, and now a friend says, "You should get back out there."

So you try, and everything has changed. People meet on apps, messages are shorter, and you have no idea whether a man who sends three texts in a row is keen or just bored.

If that's where you are, the Get A Great Guy Guide by Mirabelle Summers is a good place to start again, because it doesn't assume you know the current rules. It begins with you: what you want now, which may be quite different from what you wanted the first time, and the old beliefs about men that came out of the last relationship with you.

Then it covers the parts that are easy to forget after years away, like getting a good man's attention, building attraction at your own pace and telling a man worth your time from one who isn't. Once you meet someone, it covers how to build trust and when to take things further.

Here's the short video where Mirabelle explains her approach:

[YOUR HOPLINK]

You've been through harder things than a first date, and this makes the first one back a lot easier.

Warmly,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. The guide is written for women from 25 to 70, so you're very much who it's for.

18. Myth-busting: Myth: play hard to get

Subject: Should you really play hard to get?

Subject: Attract him without playing games

Subject: That old advice about waiting

Preview line: Wait three days, act busy, never text first. Does any of it work?

Hi [First name],

Somebody, at some point, told you to play hard to get. Wait before you reply, act busier than you are, and never be the one to text first.

There's a little truth in it. A woman with a full life of her own is attractive, and nobody enjoys feeling chased. But the games themselves cause a lot of trouble. The good, straightforward men read the silence as "not interested" and move on, while the men who enjoy the chase are often the very ones you were trying to avoid.

The Get A Great Guy Guide by Mirabelle Summers takes a different line. Instead of a set of rules to perform, she helps you become the most attractive version of yourself, so the attraction comes from who you are rather than from tactics. That's a lot less tiring, and the man it attracts likes the real you, not a character you'll have to keep playing for years.

She also covers what tends to put good men off and what keeps them interested, which is far more useful than a rule about how many hours to wait.

You can see her approach here:

[YOUR HOPLINK]

Take care,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. If you've ever felt silly sitting on a reply you wanted to send, this guide is for you.

19. Myth-busting: Myth: lower your standards

Subject: Are your standards too high?

Subject: Keep your standards and still meet him

Subject: Have you been called too picky?

Preview line: The advice to be less picky gets it the wrong way round.

Hi [First name],

If you've been single for a while, someone has probably told you that you're too picky. Lower your standards a little, they say, and you'll find someone.

I think that gets it backwards. Most women who feel stuck aren't too picky. Their standards are just vague. "Kind, funny, has his life together" sounds clear, but it lets almost anyone through the first few dates, including plenty of men who aren't kind and don't have their life together. Then the time gets spent finding that out the slow way.

Mirabelle Summers makes the opposite case in the Get A Great Guy Guide. Get more specific about the man you want, not less. When you know clearly what matters to you, you can spot it sooner, and you can let go of the men who don't fit much earlier, without feeling you've thrown away a chance.

From there the guide covers the rest: letting go of old baggage, catching a good man's attention, building attraction and knowing when to take things to the next level.

Here's the video:

[YOUR HOPLINK]

Keep your standards, and make them sharper.

Talk soon,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. It's $47, one payment, backed by a 60-day no-questions-asked guarantee.

20. Myth-busting: Myth: nice men are boring

Subject: The nice ones aren't boring

Subject: Feel the spark with a good man

Subject: About the man you nearly overlooked

Preview line: If good men feel flat, look at where your usual spark comes from.

Hi [First name],

Many women say a version of this: "The nice ones just don't do it for me."

It's an honest feeling and I'm not going to wave it away. But it's worth asking where the spark you're used to actually comes from. Often it's the nervous kind. Will he call? Does he like me? Why did he go quiet? That rush feels like chemistry, and a lot of the time it's uncertainty. A steady man doesn't give you that rush, so at first he can feel flat.

Mirabelle Summers spends real time on this in the Get A Great Guy Guide. Part of it is working out what you want, and being honest about which old patterns have been choosing for you. Part of it is learning to build attraction with a good man rather than waiting for it to strike, so the feeling grows from closeness instead of from worry.

That shift won't happen in one evening, but it can change who you end up with. The guide's exercises, the Actionable Attraction Challenges, give you something to practise on real dates while it happens.

Have a look here:

[YOUR HOPLINK]

Warmly,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. Think back to the last kind man you turned down after one date. Would you still say no now?

21. Objection: price: Is $47 worth it?

Subject: What $47 actually buys you

Subject: A full dating guide for one payment

Subject: About the price

Preview line: One payment, and how it compares to what dating already costs you.

Hi [First name],

Let's talk about the price, because it's a fair question.

The Get A Great Guy Guide costs $47, one payment. There's no monthly fee.

Here's how I'd think about it. Add up what dating costs you already: an app subscription or two, a few dinners and drinks, a new top for a date that went nowhere. Most of us spend more than $47 a month on that without thinking about it. The bigger cost is time. Three months with a man who was never going to commit is three months you don't get back.

For the $47 you get Mirabelle Summers's full guide, over 250 pages, covering what you want in a man, letting go of old baggage, getting a good man's attention, building attraction and moving to the next level without putting the relationship at risk. The ideas come with exercises, so you're practising rather than just reading.

And if you go through it and decide it wasn't worth the money, you're covered by a 60-day, no-questions-asked guarantee. Email support@meetyoursweet.com within 60 days and you get a full refund.

Here's the page:

[YOUR HOPLINK]

Take care,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. Watch the free video on the page first. It costs nothing, and you'll know quickly whether the guide is for you.

22. Objection: will it work for me: My situation is different

Subject: But what if my situation is different?

Subject: Dating advice that fits your life

Subject: If you're thinking 'not for me'

Preview line: Older, younger, divorced, never married, busy. Here's who the guide is for.

Hi [First name],

Whenever someone recommends a dating guide, there's a little voice that says, "That's nice, but my situation is different."

Maybe you're 58 and divorced. Maybe you're 29 and you've never had a relationship longer than four months. Maybe you live somewhere small where you already know every single man in town. Those are real differences and I don't want to brush past them.

Here's why I still think the Get A Great Guy Guide is worth a look. Mirabelle Summers doesn't hand you a script built for one kind of woman. She starts with you: your history, what you want now, and the beliefs about men you've picked up along the way. Then she builds from there, covering attraction, spotting the time-wasters, building trust with a good man and taking things to the next level. Because the starting point is your own life, it fits a wide range of women, and it's written for women from 25 to 70.

The exercises help too. They're small things to do in your own life, wherever you live and whatever your history.

If you're not sure, watch the free video and see whether her story sounds familiar:

[YOUR HOPLINK]

All the best,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. If it turns out not to fit you, the 60-day no-questions-asked guarantee means you get your $47 back.

23. Objection: guarantee: How the guarantee works

Subject: What happens if it's not for you?

Subject: Try the guide for 60 days

Subject: The guarantee, in plain words

Preview line: 60 days, no questions asked, and exactly how to use it.

Hi [First name],

If you've been close to getting the Get A Great Guy Guide and something held you back, it might be the worry that you'll spend the money and it won't suit you.

So here's exactly how the guarantee works.

The guide comes with a 60-day, no-questions-asked, 100% satisfaction guarantee. If you're not happy with it for any reason, you email support@meetyoursweet.com within 60 days and you get a full refund. You don't have to explain yourself or prove you did the exercises.

Sixty days is a good stretch of time. It's long enough to read the guide properly, try a few of the Actionable Attraction Challenges and go on a date or two with what you've learned. By then you'll know whether Mirabelle Summers's approach suits you.

The order goes through ClickBank's secure checkout, and the guide downloads straight away. It's $47, one payment.

Here's where to start:

[YOUR HOPLINK]

The only thing you're really risking is an evening of reading.

Talk soon,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. Keep the support address somewhere handy: support@meetyoursweet.com. Knowing it's there makes the decision a lot easier.

24. Closing: A last word before I move on

Subject: Before I change the subject

Subject: A better man is worth one evening

Subject: My last note on this guide

Preview line: One final mention of the guide, and then it's back to other things.

Hi [First name],

This is the last email I'll send you about the Get A Great Guy Guide, at least for now.

I've written about it a few times because it speaks to something so many women know well: giving months to men who were never going to be right, and wondering why it keeps happening.

So here's my final case for it.

Mirabelle Summers starts where most advice doesn't, with you. She looks at what you want and at the old ideas about men that are still deciding who you say yes to. Then she gets practical about attracting a good man, spotting time-wasters early and building a relationship where he trusts you and shares his thoughts. She finishes with how to take things to the next level and what each of you can expect once you're together.

It's $47, one payment, with a 60-day no-questions-asked refund.

There's no countdown on this. The page will be there when you're ready. But if you've been thinking about it, tonight is as good a time as any:

[YOUR HOPLINK]

Thank you for reading, and good luck out there.

Warmly,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. The video on the page is Mirabelle's own story. Even if you never buy, it's worth watching.

25. Closing: Two ways the next year could go

Subject: A year from now

Subject: Spend next year with someone worth it

Subject: One thing to think about tonight

Preview line: Picture two versions of the next twelve months.

Hi [First name],

Try this with me for a moment.

Picture yourself a year from now if nothing changes. You'll probably still be dating, and some of the men will be lovely and some will waste your time. You'll still be giving second and third chances to men who don't quite fit, because you're hoping this one will be different.

Now picture the same year, but you've spent a few evenings getting really clear on the man you want, and you've let go of some of the old ideas that made the wrong men feel familiar. You notice the time-wasters early and let them go without much fuss. And when a good man turns up, you know how to give it a real chance.

Nobody can tell you the date you'll meet him. But the second year gives you far better odds, and that's what the Get A Great Guy Guide by Mirabelle Summers is built to give you.

Here's the guide:

[YOUR HOPLINK]

It's $47, one payment, and you have 60 days to decide, no questions asked.

Warmly,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. Whichever year you choose, I hope it's a good one, and I'll be here either way.

Get a Great Guy Guide

Who Else is Sick of Dating Timewasting Jerks?

Hi **[First name]**,

If you've ever wasted your time with a jerk who just uses you, then starts to ignore you and never seems to want to take things further...

If you've ever wished that you had the kind of guy who makes all your friends jealous...

...The kind of guy who is funny, smart, good looking, yet also has a lot of time for you, and wants to be with you forever...

Then you MUST watch this short video that dating guru Mirabelle Summers recorded for you right here:

==> How to Get A GREAT Guy [Link this to [YOUR HOPLINK]]

In this short video, you'll hear about the personal transformation that lead her to meeting the man of her dreams and how to make it happen to you.

You'll also find out the 3 principles that will lead you to being the kind of woman that men lust after (and see as a 'keeper')

Don't miss this, I share some personal information here, so I'm not sure how long I'm going to leave this up for:

==> How to Get A GREAT Guy [Link this to [YOUR HOPLINK]]

To your incredible love-life success!!

Kind regards,

[Your Name]

P.S. If you are not with your ultimate man right now, then I highly recommend you watch this video right away. It could well be a life-changer...

==> Click to watch: How to Get A GREAT Guy [Link this to [YOUR HOPLINK]]

Getting Your Groove and Getting Your Great Guy with Mirabelle Summers

Hey **[First name]**,

I get a lot of dating and relationships books come across my desk, and all too often I find I'm reading different rewords of the same old stuff. That's why when I finished reading Mirabelle Summers' course "Get a Great Guy Guide: Make men love you while avoiding time wasting jerks," I was pleasantly surprised, and the mindsets and concepts have been revisiting me over the last few days. In fact, I can't get it out of my head!

So what makes Mirabelle Summers'"Get a Great Guy Guide" different?

I guess the first thing that struck me was the quality of the ebook. I mean, it looks attractive, it's well designed, has great graphics and layout, and takes the reader on a logical step-by-step journey on what it takes to attract the right man and develop a relationship.

The next thing I noticed is that the title really doesn't do the course justice. Mirabelle points out in the very first page that it's about much more than just getting the guy, in fact it's about unlocking key mindsets and letting go of the unconscious limiting beliefs that hold us back. I had no idea how powerful and limiting our inner-speak is until I read this book.

At 250+ pages, it's not a light read, but then from what I know of Mirabelle Summers, she's no lightweight in the dating game, and her course is proof of this. She has more than convinced me of her pedigree in the market, and I'm delighted to say her book is nothing short of outstanding.

So who is going to want to buy this book?

If you're a woman that wants to discover more about the kind of man you want...

If you're wanting to let go of the baggage and misconceptions about men and dating that have previously held you back...

If you want to learn how to attract the right kind of man into your life, not just any man...

If you want to develop a relationship and know when to move it to the next level without scaring him off...

If you are totally committed to developing the right mindset that is going to draw men to you in a way you have never experienced, and stop settling for second-best...

Then this is your first step to attracting the right man and developing and maintaining the relationship of your dreams.

And the great thing is, Mirabelle Summers and the team at Meet Your Sweet are so confident in the quality of this book (and it really is amazing), that she's willing to allow you a 60-day refund period if you aren't satisfied with the course. Now if that isn't risk free, then I don't know what is.

I strongly recommend that you go check out the website right now and get your dating and love life sorted once and for all.

Visit [YOUR HOPLINK]

Your friend,

[Your Name]

P.S. If you don't know how to attract a man and relationship into your life now, when are you going to learn? You can't afford to waste a moment!

Visit [YOUR HOPLINK]

P.P.S. Don't forget, you have a 60-day guarantee. That's how confident she is that this book will live up to your expectations.

Newsletter inserts

New newsletter inserts (November 2026)

Recommended reading: before your next first date

If your dates keep fading after the third or fourth meeting, Mirabelle Summers's Get A Great Guy Guide is worth a look. It starts with what you want and how to spot time-wasters early, then covers building a real relationship. Short video here: [YOUR HOPLINK] (affiliate link)

For anyone who thinks the good ones are taken

The good men are often the quiet ones we walk past while looking for the last charmer's spark. The Get A Great Guy Guide helps you work out the man you want and recognise him when he turns up. See it here: [YOUR HOPLINK] (affiliate link)

A dating guide with homework

Most dating books are read-and-nod. This one has over 250 pages and an exercise for each idea, called Actionable Attraction Challenges, so you practise in real life. It's $47 with a 60-day refund: [YOUR HOPLINK] (affiliate link)

When to ask 'where is this going?'

If you're seeing someone and can't tell whether it's time to ask what this is, the Get A Great Guy Guide covers when to move to the next level without putting it at risk. Watch the short video: [YOUR HOPLINK] (affiliate link)

For women who are successful everywhere except love

If you can run a team or a household but a man's silent phone still keeps you up at night, Mirabelle Summers's Get A Great Guy Guide is worth a look. It starts with what you want and the old beliefs about men you may be carrying, then teaches how to spot a good man and build something real with him. See her short video here: [YOUR HOPLINK] (affiliate link)

Getting back into dating after a long relationship

Coming back to dating after years away can feel like the rules changed while you weren't looking. The Get A Great Guy Guide by Mirabelle Summers starts with you, then covers attraction, spotting time-wasters and building trust with a good man, all at your own pace. It's $47, one payment, with a 60-day no-questions-asked refund: [YOUR HOPLINK] (affiliate link)

P.S. lines for any email

P.S. If the same kind of man keeps turning up in your life, Mirabelle Summers's Get A Great Guy Guide is about breaking that pattern: [YOUR HOPLINK] (affiliate link)

P.S. Try this tonight: describe the man you want in one sentence. If it's hard, this guide starts exactly there: [YOUR HOPLINK] (affiliate link)

P.S. The Get A Great Guy Guide is $47, one payment, with a 60-day no-questions-asked refund: [YOUR HOPLINK] (affiliate link)

P.S. Mirabelle tells her own story in a short video before she says a word about men. Worth watching: [YOUR HOPLINK] (affiliate link)

Earlier newsletter sequence for men (promotes all Meet Your Sweet courses)

Recommended Reading: 6-Part Attraction Mini-Course

Subject: Recommended reading: 6 part attraction mini-course

Hi **[First name]**,

A good friend of mine, Slade Shaw (one of the world's leading female attraction experts), has a FREE 6 part mini course about how to attract and keep high quality women.

I've just finished reading it and I can confirm that it is packed full of killer information. I highly recommend that you download and read it for yourself ASAP:

==> [YOUR HOPLINK]

In particular you'll learn how the mind of women works ... and how to use this knowledge to your advantage!

It's a relatively short read but it is packed full of information that I bet you never know about women and the secrets of how to make sure they are fascinated by YOU:

==> [YOUR HOPLINK]

Enjoy!

[Your Name]

How to Talk Any Woman Into Bed

SUBJECT: How to talk any woman into bed

Hi **[First name]**,

Imagine this... No more awkward silences around hot women, no more failed efforts at flirting.

Imagine if you found it easy to talk to women in such a way that sexual tension and chemistry gets built up between the two of you?

Go watch this short video, it's packed with amazing tips on how the female mind works, and how to talk to women:

==> [YOUR HOPLINK]

BTW This video won't be up for long, so make sure you check it out ASAP. It's that important.

You'll finally understand why hot women lose interest in you, why they fantasize about other types of guys, and most importantly...

How to become the kind of guy who peaks her sexual intrigue, who she can't stop thinking about, who she actually chases after...

==> [YOUR HOPLINK]

Enjoy!

[Your Name]

P.S. It's scary stuff once you get inside the female mind, but I would hate for you to miss it. Get the video while it's still up:

==> [YOUR HOPLINK]

Can You Really MAKE a Woman Fall in Love with You?

SUBJECT: Can you really MAKE a woman fall in love with you?

Hi :-)

[NAME] here...

I receive this question or a variation of this question nearly every day...

"I've seen this girl that I really like, but I always seem to muck it up when I try to talk to her. Is there a way to spark her desire for me?"

And the truth is...

You can... if you understand "chemistry".

(Not science chemistry, but attraction chemistry:-)

So what IS chemistry?

Simply put...

Chemistry is the CONNECTION a couple feels between each other.

The stronger the connection... the more chemistry.

With me?

CONNECTION=CHEMISTRY

And here's the kicker...

And WHY you CAN help a woman fall in love with you...

A woman will ultimately CHOOSE to be with the man she feels the most chemistry with.

So isn't the real question?

How do you connect?

Deeply?

==> Here's Your Answer [Link this to [YOUR HOPLINK]]

[YOUR HOPLINK]

Rooting For Ya,

[Your Name]

P.S. How strong is your connection with her? If it's not super-scorching, you must WATCH THIS :-) [Link this to [YOUR HOPLINK]]

3 Ways to Tell If She Would Sleep with You Again

SUBJECT: 3 ways to tell if she would sleep with you again

Hi **[First name]**,

If you have an ex that you regret breaking up with, then I highly recommend you check out this video:

==> 3 ways to tell if she'd ever sleep with you again [Link this to [YOUR HOPLINK]]

It's by my MeetYourSweet's love expert Mirabelle Summers, and inside this revealing video, she takes you right inside the female mind and shows you 3 ways to tell if your ex would ever sleep with you again.

This video won't be for everyone. But if you do have an ex that you miss, want to get back together with, or at least want to sleep with again, then this is a MUST WATCH one of a kind video.

==> 3 ways to tell if she'd ever sleep with you again [Link this to [YOUR HOPLINK]]

(and what to do to make it happen).

Enjoy and have a great day!

[Your Name]

The Dirty Truth Inside Your Ex's Mind (She's Not Over You)

SUBJECT: The dirty truth inside your ex's mind (She's not over you)

Hi **[First name]**,

If you're wondering if your ex would ever have sex with you again, I highly recommend you take one of the 3 simple tests in this video:

==> 3 ways to tell if she secretly wants you back [Link this to [YOUR HOPLINK]]

If you don't do something soon, she's going to be out there, meeting other men, getting hit on, liking the attention...

And quickly forgetting about you.

If you want the dark and dirty truth about what's really happening inside your ex's mind right now, and how to get her back in love with you..

You have to see this video before it gets taken down:

==> Go here to watch the video [Link this to [YOUR HOPLINK]]

Did you know that girls lie too?

She may have lied to you (or be still lying right now) about what she really wants from you.

You're going to learn what she's unable (or unwilling) to tell you, why things broke up in the first place, and what it's going to take to win her back.

Find out what to do and say to win her back:

==> Video: Make your ex fantasize about you [Link this to [YOUR HOPLINK]]

Watch it now before it's too late.

Enjoy!

[Your Name]

The Secret That Turns Her on That She Will Never Tell You

SUBJECT: The secret that turns her on that she will never tell you

Hi **[First name]**,

What if you knew the secret to what goes on inside a woman's mind, and what secretly turns her on?

(This is stuff she would NEVER tell you to your face)

What if you knew how to plant a secret seed of desire in a woman's mind, regardless of whether she says she's not interested or not ready for a relationship...

... so that she would be able to see you as a guy she absolutely HAS TO HAVE...

Go watch this video to learn a simple secret to getting past a woman's defenses and making her see you as the one she can't live without.

==> Discover the #1 Secret To Making Her Crave You [Link this to [YOUR HOPLINK]]

In fact, when you apply the methods like my friend Greg did in this video, you can have an endless supply of sexy, smart women...

Or that one girl you've always wanted...

And she won't be able to keep her hands off you! ;)

==> You can have any woman you want (No lines and no magic tricks!) [Link this to [YOUR HOPLINK]]

Enjoy!

[Your Name]

This Works Shockingly Well on Women

SUBJECT: This works shockingly well on women

Hey **[First name]**,

What if I shared with you 5 simple techniques to turning any woman on, none of which require killer 6-pack abs or a big fat bank account?

==> 5 powerful secrets to turning any woman on [Link this to [YOUR HOPLINK]]

These secrets are not what you might expect, but they work shockingly well and teach you how to be the kind of guy women CRAVE.

No phony lines, and no magic tricks!

These secret techniques work for average guys, not just hollywood stars and high flyers.

Just imagine getting amazing amounts of attention from hot women you've always desired...

Or that one special girl you want to get into bed.

It's like turning on a switch inside her head, and it's going to change everything.

==> Find out what really turns a woman on [Link this to [YOUR HOPLINK]]

Don't miss it.

Your friend,

[Your Name]

What If You're Short?

Subject: What if you're short?

Hey **[First name]**.

If you want to be perceived as a MAN, and if you want to enjoy KILLER success with the ladies, 'confidence' is the key ingredient that converts daydreams into reality. ALL the famous 'lady killers' from the media to the movies are supremely confident - and that's no coincidence.

If this is something you'd like to get handled for yourself, then check this out:

[YOUR HOPLINK]

... and interestingly enough, 'confidence' just happens to be the subject of today's newsletter.

Today's newsletter is written by my good friend Slade Shaw. Enjoy!...

From: Slade Shaw

I recently got asked a question by one of my students:

"What if you're short and she prefers tall guys?"

The way I see it, confidence is one of those things that women often don't THINK ABOUT being attracted to. Ask a woman what she finds most desirable in a guy, and she might bring up things like height, humor, and a good career ... but she'll almost NEVER say anything about wanting a man with CONFIDENCE.

However, 'confidence' is one of those 'intangible' qualities that women don't tend to THINK about you having ... but they INSTANTLY PERCEIVE whether you have it or not. And whether that confidence is present or not becomes the lens through which EVERYTHING ELSE ABOUT YOU is seen.

So a woman who says that she only likes tall guys might THINK that she only wants guys like that.

But really, if she were to meet a guy who fulfilled that criterion, but who didn't ALSO have CONFIDENCE, she very likely would feel no ATTRACTION for him whatsoever.

And that's when she'll start saying things like, 'I don't know, he seems great on paper ... but I'm just not FEELING it.'

Here's the interesting part.

If you are a confident guy - meaning, you have STRENGTH of personality and that it doesn't matter overly much to you what a woman thinks of you - then it LITERALLY CEASES TO MATTER, for her AND for you, whether you're tall, short, rich, poor, or whether you exterminate bugs for a living.

(No offense to exterminators ... they're good guys too.)

When you're able to free yourself from the shackles of CARING about WHAT WOMEN THINK OF YOU, a radical and quantum shift occurs as a NATURAL BYPRODUCT of this attitude.

Namely, that:

• You instantly maximize your masculinity

• You forever leave the danger-zone of validation-seeking

• You become able to 'get' the kinds of women YOU want, EVEN IF they profess to like qualities in men that you specifically do NOT possess.

For example, a lot of guys are put off when a woman announces point-blank that she likes guys who have a certain quality that they themselves do not. Common 'likes' include muscles and height.

Both of these things are a 'big deal' for a most guys because they're not EASILY CHANGEABLE. There's not a lot you can do about your body composition or your height - at least, not quickly.

So when a woman says something like that, what should you do?

Does that mean that you now have 'no chance' with her?

Believe it or not: the answer is NO. This is a prime opportunity for you to demonstrate some hard-core leadership and PROVE to her that, actually, YOU know better than SHE does.

And what you know is, of course, that it's the FEELINGS she gets from guys who have those qualities that she really wants ... not just the qualities themselves.

What she's really saying is that she wants a STRONG and MASCULINE MAN.

So here's my suggestion: that you STOP caring about what women SAY they want. The bottom line is, they just don't know what they want until it happens. There are flat-out unattractive men everywhere with beautiful women on their arms - and they got those women by sheer strength of PERSONALITY.

So if you can make a woman feel a certain way by YOUR strength of personality, then you can literally overcome ANY predilection for material qualities whatsoever.

Accepting this fact is a little bit like figuring out an equation that most guys just DON'T GET.

There are 3 ways of looking at it.

Equation 1: caring about what women want + NOT having 'desirable qualities' that women consciously want = ongoing LACK of success.

Equation 2: caring about what women think + HAVING 'desirable qualities' that women consciously want = some initial success that's inevitably POISONED by a weakness of character and desire for validation, followed by a long slump into tepid mediocrity.

Equation 3: NOT caring about what women think + having desirable qualities OR NOT having them = radical, ongoing success with the women that YOU DESIRE.

Clearly, the mitigating factor is whether you have the confidence in yourself to prioritize what YOU THINK first and foremost. It all boils down to self-esteem.

Caring too much about what women think of you (translation: validation-seeking) is a BENCHMARK of 'unmanly men' who WANT to be wanted by women ... and who might even have those qualities

that look good 'on paper' ... but who can never seem to CONVERT those 'on paper' qualities into ACTUAL TANGIBLE SUCCESS with women.

Women like manly men, right? Meaning, they like men who are strong, in control, and who don't beg and crawl for approval.

But many many MANY men are seriously intimidated by a woman whom they perceive to be attractive ... to the extent that they actually LOSE whatever veneer of 'coolness' and confidence that they usually possess, and INSTANTLY accede authority and right-of-refusal to HER.

And this is when that switch marked 'attraction' in her head gets turned permanently OFF, because you are instantly perceived as no longer being able to fulfill her most basic of needs in a potential partner ... namely, that you're a MAN.

You've gotta MAN UP.

So ... what about looks? What if you genuinely think that you're an unattractive guy?

Something that puts a big dent in the confidence of a lot of guys is the fact that they don't perceive themselves, deep down, as being the kind of guy that a quality woman would want.

So they end up thinking they've got to try and ACT confident, without really FEELING it.

Of course, this particular approach tends to lead to a big brick wall, because truly great women can sniff out inauthenticity ... and not only that, but they can ALSO usually put two and two together, and figure that, if you've got to 'act' confident, there must be a pretty good reason why you're not actually GENUINELY confident ...

... i.e. there must be something 'off' about you.

The idea that you're not PHYSICALLY ATTRACTIVE enough is something that a lot of guys get hung-up over.

And I think most guys would actually be OK with feeling 'average', or even LESS-than-average, looks-wise ... if it wasn't for those damn good-looking guys who have women all over them.

Or if they didn't have to overhear a couple of secretaries at the office water-cooler dribbling over how 'buff' some guy at the gym was.

It's this kind of stuff that gives men the idea that LOOKS are the primary determinant of success with women ... and it's what makes them think, 'I'm ugly. So I may as well not even bother.'

Bottom line is, most men wish on some level that they were better looking, because they want to know how it feels to turn heads and have it EASY with women.

And yeah, it's true. Looks definitely help.

BUT ... they don't matter NEARLY as much as you think they do - OR in the WAY that you think they do.

Let me explain.

It goes without saying that you've got to do the best with what you've got. But that's obvious.

What's NOT so obvious is that, as long as you're treating your body as if it's worth something, have got some personal style going on, and are meeting basic standards of hygiene, your actual LOOKS are not important.

Here's the deal: APPEARANCE matters ... LOOKS do NOT.

See the difference?

And of course, APPEARANCE matters because it's a benchmark of how well you treat yourself. If you're slopping around without an aesthetic care in the world, that's going to broadcast the idea that you can't (or won't) take care of yourself ... and if you can't take care of yourself, chances are that you can't take care of much else in your life.

In other words, you're not a 'together' kinda guy.

It's hopefully becoming clear here that AUTHENTICITY and CONFIDENCE are REALLY the issues at hand.

This is what I mean.

If you're taking good care of yourself because you happen to FEEL GREAT that way, and because you respect and value yourself - rather than as a 'tool' to get more attraction from females - then chances are, top-notch women are going to recognize that inherent confidence in you and be DRAWN to it.

And then, they'll be charmed by the 'cherry on top' personal-style thing you've ALSO got going on.

Of course, the reverse is also true. If you're trying to use looks as a shield to hide behind, and as a facade to prevent women from noticing that your PERSONALITY is actually not so hot, then that will be duly noted as well - and you may find that the women you DO attract tend to be the ones who are 'fixated' on exteriors.

Your motivations are like a 'set point' for the RESULTS that you end up getting.

Men tend to be pretty visual creatures. We need a woman to be physically attractive to us before we can feel attraction for her. So it makes sense - at least on a logical basis - for us to hold ourselves to the same standards.

But here's the deal: women don't actually care about looks nearly as much as you probably think they do.

Even if they SAY they want a man who looks a particular way, it's actually what's UNDER the looks that counts: namely, the ability to be SELF-VALIDATED. To be OK with how you look, to act like you're WORTH something, and to not try to overcompensate for any perceived 'flaws'.

Women are attracted, deep down, to men who AREN'T SEEKING THEIR APPROVAL. They want a strong, in-control MAN.

In real-life terms, this means that they don't want a guy who is worried about what they think, or whose confidence has a big ol' dent in it because he's balding on top or shorter than he'd like to be.

And they don't want a guy who comments on his 'bad points' or asks them if they think he's attractive or says, as she runs her hand over his stomach, 'I'm doing sit-ups and it will be flat in a month.'

Because this stuff all SCREAMS 'VALIDATION NEEDED HERE!'

If you have something that you don't like about yourself ... just be COOL about it. Don't mention it. Don't point it out. Don't apologize for it. And DEFINITELY don't ask her if she 'minds' or if it 'bothers her'.

If she's with you, it doesn't bother her. Don't make it an issue.

If you've got confidence in yourself, and you act like your quality is a given, and as if you have some pride in yourself and your own worth ... specifically, as if you have some VALUE ... then you're definitely being a MAN.

You're leading. And that's a good thing.

So ... what if you have some SERIOUS hangups about the way you look? What if you've got oozing acne, a bald patch that you're hideously self-conscious about, or Coke-bottle glasses held together with a band-aid over the nose?

Well, first of all, let me remind you that confidence is to a large extent about having PRIDE in yourself, which means taking good care of yourself inside and out. If you're not acting like a guy who treats himself with worth, you can't expect other people to see past that.

So yeah. Take that insecurity as the necessary foot in the butt that you need to DO something about any serious external 'issues' that you're hung up about. Go see a dermatologist, consider getting Lasik, and shave your head (balding isn't optional but shaven-headed is ... oh and by the way, it REEKS of confidence.)

And one other thing: I'm suggesting these 'developments' not because you NEED to do these things to be great with women (although it certainly will help.)

But let's talk turkey. Really, why sabotage your success if you don't have to?

And secondly, let's not forget about VISIBLY being a 'high value' guy, which means that you should never underestimate the importance of treating YOURSELF like you're worth something. Inside and out.

And thirdly ... most guys find it very hard to get past these 'issues' FOR THEMSELVES. It's not the acne or the glasses or the bald spot that turns women off ... it's the CONFIDENCE ISSUES that

these things give to the man who has them.

Before I go, here's that link again (check this out as soon as you can):

[YOUR HOPLINK]

I'll write again soon.

Be cool,

Slade Shaw

Earlier newsletter sequence for women (promotes all Meet Your Sweet courses)

Get Your 6-Part attract man mini course

Subject: Get Your 6-Part attract man mini course

Hi **[First name]**,

A good friend of mine, Mirabelle Summers (one of the world's leading dating and attraction experts), has a life-changing 6 part mini course about how to attract and keep a great man.

I've just finished reading it and I can confirm that it is packed full of killer information, and it really changed how I think about men. I highly recommend that you download and read it for yourself ASAP:

==> [YOUR HOPLINK]

In particular you'll learn how the minds of men work... and how to use this knowledge to your advantage!

It's a relatively short read but it is packed full of information that I bet you never knew about men and the secrets of how to make sure they are fascinated by YOU:

==> [YOUR HOPLINK]

Enjoy!

[Your Name]

Newsletter 2

Hey there, **[First name]**,

You must know that it's pretty difficult to judge what a guy's THINKING from the way he's ACTING.

Just about every woman I know - client or friend - has griped at some point about "guy talk" and how men frequently seem to actively mask their true intent with bizarre and misleading actions and behaviors.

Some of the most common complaints that I hear:

• They hang out in large, blokey groups while "on the pull", and indulge in chugging games, belching, and catcalling (while honestly believing that they're really trying hard to attract a woman.)

• They try to portray themselves as "players", whose major claim to fame is an ability to seduce any woman they want.

• They try to flirt with you by using toilet humor and making themselves the butt of jokes (hardly the stuff of romance novels!)

• They assure a woman that they're interested in a committed and loving relationship - and then disappear the next morning.

• They act aloof and disinterested around a woman they like - when in FACT, they're just intimidated by her beauty, charm, or intelligence.

There are soooo many different ways that men inadvertently confuse us women!

And it's not just CONFUSION that's the issue here. In fact, some men can act in ways that actually TURN WOMEN OFF.

After all, who's actually attracted to a modern-day Don Juan, a self-deprecating bad flirt, or an 'I'm-above-it-all' King of Cool?

The saddest part? Most of these guys aren't even doing it on purpose. Usually, these behaviors are being used as an ego shield - something to hide their REAL personality (and insecurities) behind.

But does the average woman have any clue that this is what he's up to? Of course not!

She just gets confused, disgruntled, and - ultimately - discouraged by his apparent lack of interest, lack of subtlety, or cavalier approach to sexual love.

So how do you get a guy to drop the act and just be his REAL SELF? How do you get him to ditch the faï¿½ade and get authentic about who he really is - and what he really wants?

How are you supposed to figure him out, if he can't even be straight up about the most basic things??

Fortunately, the power IS in your hands. By including just a few tried-and-true methods in your bag of social tricks, you can set him at ease and get him to relax enough to reveal his truth.

(By 'his truth', I mean his sense of authenticity ... his real personality, who he REALLY is, and what he REALLY wants.)

Incidentally, being your authentic self is an INCREDIBLY attractive characteristic to possess. But it's not easy - most of us have been brought up to act and behave in a certain way. We've been taught to mask parts of ourselves that others might find unattractive.

When you're able to be your true, honest self, and embrace CLARITY in your personality and life, everything literally just seems to fall into place. Life becomes much easier - and you'll finally start attracting the kind of men who are prepared to love the REAL YOU.

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He thinks that because he knows how to manipulate a woman into liking him, through using certain behaviors and patterns of speech, then he's "successful" with women - and with life in general. After all, he's living every guy's most primal dream: he can sleep with a different gorgeous woman every night of the week if he feels like it. (At least, this is what he tells his friends.)

You might hear this guy being referred to by his mates as a "pick-up artist".

He might have a "wing-man", somebody who he goes out picking up girls with.

This "wing-man" will frequently introduce his player friend in a rehearsed manner that promotes the player's "high value" as a man. For example, "Hey, this is my friend Brad. He dated Miss November. Nice!"

Or, "Check out this picture of Ashley's last girlfriend - how HOT is THAT?" (Cue carefully-chosen photograph of said player with a beautiful woman in a bikini.)

If the player is skilled, these little "routines" will be done in a way that skilfully, deliberately piques your curiosity. The average woman isn't expecting a man to have the nous to manipulate her so subtly - so she falls for the bait, every time.

The point of these 'player strategies' is to make you think that he's not affected by your own particular brand of beauty or charm ... that you're nothing special, and that, in fact, you'll be lucky to get him.

Through their literature, these PUAs have told him that, in order to get past YOUR "bitch-shield" that you naturally possess as an attractive woman, he has to demonstrate to you that you are nothing special to him.

Because you're used to being pursued by desperate, supplicating men (as the popular theory goes), this lack of interest will intrigue you, and you'll begin to wonder why he's not chasing after you.

Before you know it, you'll actually be chasing HIM - all because he didn't demonstrate any interest in you at first, and made it clear that plenty of other women are interested in him.

He's manipulated you. Another success for the PUAs.

But not if you're smart!

You can cut through all this crap by not playing along with his silly games. After all, you're not interested in dating a player (that is, a man who's interested in you for the CHALLENGE you present to him, not the woman that you are.)

You're interested in dating a real MAN - someone who's prepared to prove to you that he's interesting and worthy of your interest, but who is ALSO self-confident enough to require that YOU be interesting to HIM.

If you know a player, and you think he could be worth the effort - as in, he's not just some chump who knows how to seduce females, but a genuinely intelligent, creative man who's just headed in the wrong direction romantically - here's what you can do:

GIVE HIM ONE CHANCE, AND ONE CHANCE ONLY.

The moment a guy starts behaving in ways that you feel might be a trick to "get" you to feel or act a certain way ...

... for example, he might use the "Photo Routine", which is where he shows you a stack of 'holiday pics' interspersed with photos of himself posing with other beautiful women (goal: to get you to feel jealous, and see him as a desirable guy) ...

... or he might try to 'neg' you, which is where he recognizes that you are probably 'higher value' than him, and attempts to equalize your social status by subtly putting you down verbally (for example, telling you that you've got something in your ear when you don't) ...

Remember that the aim of his "player" behavior is to prove to you that HE is the 'catch' here - more than you. He wants to manipulate you into thinking that he's actually doing you a favor by allowing you the opportunity to become interested in him.

Why is he trying to manipulate you like this? To make it easier for him to hook up with you, of course. He thinks that if YOU think he's a real 'catch', you're not going to shoot him down. End of story.

He doesn't know that he doesn't need to act like this to get your attention.

If you keep cool and don't play into his games by becoming flustered, emotionally wrought, or jealous, then YOU keep the upper hand, YOU intrigue HIM, and YOU WIN.

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This is the guy whose primary mission is to make you like him by making you laugh.

This is an admirable goal, and he's got one thing right - laughter is definitely the key to a woman's heart. If he can make you laugh, he's usually worth hanging out with. Kudos to him for figuring this out.

However, this particular humorist is making one huge mistake: he doesn't understand that, to get the girl, you need to couple HUMOR with RESPECT.

When you're dealing with a guy who laughs at himself, invites you to laugh along AT HIM, and uses inappropriate humor like scatology (toilet humor) to get you giggling, he's got a self-esteem issue.

He doesn't understand that you can have a woman in stitches ... but, if she's laughing AT you, all the humor in the world isn't going to unlock her romantic potential.

Guys who make this mistake are usually just really, really nervous. They want to impress you. They want to make you laugh, and they want you to like them.

Their nerves make them choose the 'easiest' route to this goal - CLOWNING AROUND.

What you need to do in order to allow his true self to shine through is to build up his self-esteem where you are concerned. You need to make it clear that he's a likable guy WITHOUT the use of inappropriate humor.

The best way to do this is to NOT call direct attention to his lack of humorous finesse (which would just make him MORE nervous) ...

... but to use a simple and highly effective technique known as "positive reinforcement training."

Ironically, this is a strategy that's actually been developed by animal trainers.

I'm not implying that men are like animals - but this 'training' method WORKS.

The concept is centered around REWARDING the behavior that you like (with the validation he's searching for - a giggle or a smile) and IGNORING the behavior that you don't like.

So, when he cracks a dumb joke, or tries to make you laugh at something that is not funny, don't force a laugh. Don't frown. Don't ask him why he thinks that's funny.

SIMPLY DO NOT REACT.

This is actually the most effective thing you can do. To this kind of guy, NO attention is much worse than NEGATIVE attention. So by ignoring his unfunny or inappropriate jokes, you're sending a clear message that that kind of behavior is unwanted... and won't help him get to know you better.

When you contrast the coldness of your withdrawal of attention with the pleasure he gets from your laughter reaction when he DOES do something worthy of a positive reaction (like making a genuinely funny joke, not making himself the butt of jokes)... he'll catch on very quickly.

POSITIVE REINFORCEMENT (reward what you like, ignore what you don't like) is what will help him to realize that it's his normal, relaxed, at-ease self that's attractive ... not his tense, jittery, clowning-around self.

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If you feel like there's a spark there, but you just can't seem to break past those boundaries, you need to suss out whether it's true indifference or just shyness that's raising the barriers.

The best way to do this is to get the bit between your teeth, and strike up a conversation with him.

Making this effort yourself, instead of waiting and hoping for HIM to do it, makes ALL the difference when it comes to figuring out what's behind his coolness.

If he's just shy, you'll need to give him a few moments to warm up. Have a couple of questions prepared beforehand in case he's a 'listener' rather than a 'talker' - and make sure they're open-ended questions (ones that can't be answered with a straight yes/no.)

Once you've asked him 3 questions or so, you're engaged in an official conversation - which is a prime opportunity for him to relax and see that his shyness isn't scaring you off, after all.

And if he's not loosening up and his demeanor's not changing? Then that means one thing: simply that he's not interested.

If he's a nice person, he'll still go along with the conversation - but don't be fooled into thinking that 'politeness' equals 'attraction'. All the conversation in the world won't make a bit of difference if that spark's missing - and trust me, you can tell when it's there and when it's not.

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Newsletter 3

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How to Figure Out What He REALLY Wants

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Remember that the aim of his "player" behavior is to prove to you that HE is the 'catch' here more than you. He wants to manipulate you into thinking that he's actually doing you a favor by allowing you the opportunity to become interested in him.

Why is he trying to manipulate you like this?

To make it easier for him to hook up with you, of course. He thinks that if YOU think he's a real 'catch', you're not going to shoot him down. End of story.

He doesn't know that he doesn't need to act like this to get your attention.

If you keep cool and don't play into his games by becoming flustered, emotionally wrought, or jealous, then YOU keep the upper hand, YOU intrigue HIM, and YOU WIN.

2. The Inappropriate Humorist.

This is the guy whose primary mission is to make you like him by making you laugh.

This is an admirable goal, and he's got one thing right - laughter is definitely the key to a woman's heart. If he can make you laugh, he's usually worth hanging out with. Kudos to him for figuring this out.

However, this particular humorist is making one huge mistake: he doesn't understand that, to get the girl, you need to couple HUMOR with RESPECT.

When you're dealing with a guy who laughs at himself, invites you to laugh along AT HIM, and uses inappropriate humor like scatology (toilet humor) to get you giggling, he's got a self-esteem issue.

He doesn't understand that you can have a woman in stitches ... but, if she's laughing AT you, all the humor in the world isn't going to unlock her romantic potential.

Guys who make this mistake are usually just really, really nervous. They want to impress you.

They want to make you laugh, and they want you to like them.

Their nerves make them choose the 'easiest'

route to this goal - CLOWNING AROUND.

What you need to do in order to allow his true self to shine through is to build up his self-esteem where you are concerned. You need to make it clear that he's a likable guy WITHOUT the use of inappropriate humor.

The best way to do this is to NOT call direct attention to his lack of humorous finesse (which would just make him MORE nervous) ...

... but to use a simple and highly effective technique known as "positive reinforcement training."

Ironically, this is a strategy that's actually been developed by animal trainers.

I'm not implying that men are like animals but this 'training' method WORKS.

The concept is centered around REWARDING the behavior that you like (with the validation he's searching for - a giggle or a smile) and IGNORING the behavior that you don't like.

So, when he cracks a dumb joke, or tries to make you laugh at something that is not funny, don't force a laugh. Don't frown. Don't ask him why he thinks that's funny.

SIMPLY DO NOT REACT.

This is actually the most effective thing you can do. To this kind of guy, NO attention is much worse than NEGATIVE attention. So by ignoring his unfunny or inappropriate jokes, you're sending a clear message that that kind of behavior is unwanted... and won't help him get to know you better.

When you contrast the coldness of your withdrawal of attention with the pleasure he gets from your laughter reaction when he DOES do something worthy of a positive reaction (like making a genuinely funny joke, not making himself the butt of jokes)... he'll catch on very quickly.

POSITIVE REINFORCEMENT (reward what you like, ignore what you don't like) is what will help him to realize that it's his normal, relaxed, at-ease self that's attractive ... not his tense, jittery, clowning-around self.

3. Aloof/Disinterested

Sometimes, it's hard to tell whether a guy genuinely isn't interested - or whether he's simply shy!

If you feel like there's a spark there, but you just can't seem to break past those boundaries, you need to suss out whether it's true indifference or just shyness that's raising the barriers.

The best way to do this is to get the bit between your teeth, and strike up a conversation with him.

Making this effort yourself, instead of waiting and hoping for HIM to do it, makes ALL the difference when it comes to figuring out what's behind his coolness.

If he's just shy, you'll need to give him a few moments to warm up. Have a couple of questions prepared beforehand in case he's a 'listener'

rather than a 'talker' - and make sure they're open-ended questions (ones that can't be answered with a straight yes/no.)

Once you've asked him 3 questions or so, you're engaged in an official conversation - which is a prime opportunity for him to relax and see that his shyness isn't scaring you off, after all.

And if he's not loosening up and his demeanor's not changing? Then that means one thing: simply that he's not interested.

If he's a nice person, he'll still go along with the conversation - but don't be fooled into thinking that 'politeness' equals 'attraction'.

All the conversation in the world won't make a bit of difference if that spark's missing - and trust me, you can tell when it's there and when it's not.

To learn how to cut to the chase and take the gameplaying out of dating, you must take the time to look over Get a Great Guy Guide:

==> [YOUR HOPLINK]

If in doubt, simply remember this basic fact: if he's attracted to you, YOU'LL FEEL IT.

I'll talk to you again soon!

[Your Name]

Why 'Letting Go' Gets You Loved Up

Subject: Why 'Letting Go' Gets You Loved Up

****** INSIDER'S TIP:** Look, I totally get the fact that men are frequently SUPER-CONFUSING to deal with.

They say things they don't mean ... they act in ways that don't make sense ... they act like they're interested when they're not ... they even act like they're NOT interested when they ARE!

It's enough to get ANY woman's head in a muddle.

Take a moment now and imagine how calm and easy life would be if you never had to worry about men EVER AGAIN.

Imagine how powerful and confident you would feel if you ALWAYS knew EXACTLY how to act around men, what to say, how to behave ... and that this behavior ALWAYS resulted in success for you!

Imagine TOTAL CONFIDENCE in your own attractiveness as a woman.

Does this knowledge sound like something worth having to you?

If your answer to this question was 'Yes!', then I've got a fast, easy, and EFFECTIVE answer for YOU: to go here, right now, and check out this course. The kind of knowledge that you'll gain is literally going to transform your life.

Here's what I'm talking about:

==> [YOUR HOPLINK]

Hey, **[First name]**...

Us women are brought up with a really GOAL-ORIENTED approach to life.

We don't sit back and passively let life wash over us - we have our eyes on the prize.

We know what we want, and we're taught to take active steps to get it.

We're told to rely only on ourselves: that if we want something, it's up to US to MAKE IT OURS.

We plan, strategize, and plot out deliberate techniques specifically angled towards quick and effective success.

We have learned to engage fully in our lives and rely on OURSELVES to fulfil our ambitions and desires.

This is an admirable approach to LIFE.

It's NOT an admirable approach to DATING.

When you begin to view DATING in this way ...

... as a series of milestones to be passed and achievements to be accomplished ...

...that's when AAAALLL the fun gets sucked right out of the process.

Remember when you were a teenager and you'd just started out dating? It was an exciting, happy time, wasn't it? You were getting to know all these new people, it was interesting and fun, you were learning things about YOURSELF at the same time ...

... and, best of all, you didn't really have any expectations. You weren't expecting those guys to be your future husband - you were just in it for a good time.

As we grow older, our expectations naturally grow and change. It seems almost inevitable that the older we grow, the more we perceive pressure on us to find and keep a 'good catch.'

It's not FUN anymore.

In fact, it's almost like WORK.

You map out a game plan, put in the hard yards, do what you think you have to do in order to get what you want ... and then you expect RESULTS.

The main problem with this attitude is that, by focusing all your energies on the END-GOAL, you miss out on the beauty and light-hearted, flirtatious fun of the middle part!

That's right - dating can still be FUN (remember fun?) You can still enjoy each and every interaction with a single man that you have, whether it ends up going anywhere or not.

And best of all? This fun-loving, light-hearted outlook is the attitude that's most likely to actually land you the perfect man of your dreams!

(I know ... ironic, isn't it?)

When you think that finding The One is a GOAL that you have to 'get' in order to be happy and fulfilled, then your horizons shrink. You become super-focused and driven: you want results, results, RESULTS!

Like the go-getter that you are, you focus on what you want to get and STRIVE to achieve it.

You work hard at attracting the 'right man'.

You figure out strategies that you can use to 'catch' this dreamboat.

You might even write lists of the features that The One 'must' have in order to qualify for eventual status as your future husband.

This is an EXCELLENT approach to adopt ... in the boardroom, the office, or wherever your place of work might be. But dating should NEVER be the same as work - and, even more importantly, your attitude must reflect this fact!

When you take a 'working' attitude to dating and relationships, all the good times and enjoyment gets boiled right out.

The whole thing turns into a dried-up, joyless, achievement-grubbing MESS - and YOU end up nursing a stress migraine, comfort eating on the couch, and bewailing your lack of success.

You need a wake-up call! It's time to take control of the area of your life dubbed 'relationships and dating' ... and the most effective thing you can do is to adjust your ATTITUDE.

Your attitude is TRULY what defines your success with dating and men. So it's up to you, and you alone, to make sure that your attitude is as ATTRACTIVE and GENERATIVE as possible (meaning that, your attitude is attractive, and therefore it generates success.)

It's time for you to learn how to create AND MAINTAIN the most empowering attitude you'll ever have to dating, relationships, love, and men. This attitude will truly set you free - and, at the same time, it'll take you giant-steps closer towards getting the relationship of your dreams.

The secret? You have to learn to LET IT ALL GO.

You have to learn to stop caring so much about finding 'the right man'!

Once you've released your hold on this goal, and stopped trying to impose your own order and method on the universe, you have SOOOO much more energy to devote towards the things that really count ... like enjoying life.

Like maintaining rewarding relationships.

Like taking care of YOURSELF.

And - surprise, surprise - it's when we're really, authentically absorbed in living the most rewarding, enjoyable life that we can ... and when we're not obsessing over creating RESULTS ... that the perfect guy for us will come along.

And before you go rushing off to use this theory as a new way to 'land' you the 'catch' of your dreams, I've got to stop you right there.

For this approach to work, you've got to embrace it genuinely and honestly.

And that means, learning to engage in your life FOR ITS OWN SAKE, not just as another technique for 'getting' a relationship or a particular man.

It's only when you're really authentic that it will work for you!

Look, I understand TOTALLY that dating can be hard work sometimes. Attending singles dances and parties, asking your married friends to fix you up, networking, mingling at parties ... sometimes, when the field has been fruitless for awhile, it can feel almost like you're trapped on an endlessly-revolving gerbil wheel.

But when women become jaded about the process of looking for love, they attain a certain hard, cynical, almost STONY quality. It's like all the life, laughter, softness, and femininity has been sucked right out of them.

They stop enjoying themselves, and become almost BITTER. They're not hoping for love they're expecting it. And when those expectations are disappointed (as they inevitably will be, with that kind of attitude), those women use this failure as further evidence of the impossibility of finding true love.

Thus, they become even MORE bitter and resentful.

It's a vicious cycle.

Needless to say, this is not an attractive attitude to have.

A woman who's sick of the dating game, who's had her 'expectations' disappointed one too many times, is EASY to spot for most men.

She's the one making cynical jokes about how she would have been better off staying at home watching 'Sex and the City' reruns.

She's the one who has maybe had a few too many drinks 'to get her going.'

She's the one who's lacking that

oh-so-important SPARKLE ... which is the look of a woman who's really enjoying herself, who's having a great time, and whose happiness doesn't depend on whether she gets 'success' or not.

If you feel as though you're sick to death of looking for Mr. Right, then you HAVE to take a moment and rethink your approach.

FACT: Dating is FUN! It's about having a good time, meeting some new people, and establishing yourself with a great network of new friends and new dates.

Those dates might yield a rewarding relationship ... or they might not. And if they don't, that doesn't mean that they were a waste of time.

It's up to you to ask yourself, 'Where is the gift in what just happened to me? What can I learn from it? How can I use this experience to grow?'

When you learn to do this, you will truly learn and develop as a woman - and the experience of dating will achieve a new significance and reward for you, regardless of whether it produces a relationship or not.

I'm sure you know that the men who are really worth being with want the kind of woman who's got herself sorted ... who has her attitude centered around sound values, psychologically and emotionally.

The thing that so many of us forget is that dating about the JOURNEY just as much as it is about the destination. And, ironically, when you're too focused on making something HAPPEN, you're actually reducing your chances of success in that area.

If you're totally driven to 'get a man', then you PROBABLY WON'T GET ONE.

Look, here's how it works.

If you have a full, busy, interesting life of your own, that you ENJOY living ...

... with a life, hobbies, career, interests, and friends of your own ...

... then you don't really NEED a guy to 'complete' you. You're not a needy leech, waiting desperately to be rescued. You're a fulfilled, stable, balanced woman with a GREAT life of her own.

You don't NEED a man - or a relationship - to complete you!

THIS is the attitude that will save you from the hell of the, 'I've GOT to find a man'

attitude. It will save you from the stress and strain of trying to FORCE something to happen whenever you go out on the prowl. And it will enable you to relax, kick back, and have a laugh when you're out socializing and meeting new people.

FACT: When you're really tied up in the outcome of a particular event, it attains an unnatural significance for you. You may not realize it, but your personality and the way you portray yourself to others actually CHANGES in direct proportion to how much you want that thing to happen.

Here's how it works.

If you're out at a party in GOAL-ORIENTED mode, everything about you is angled towards ATTRACTING A MAN. You're self-conscious - and IT SHOWS.

You're tense, agitated, and fizzing with nervous energy - and EVERYONE CAN TELL.

And, even worse, if things don't seem to be going to plan ... like if there are no eligible men present, or you haven't been asked to dance ... your whole night is RUINED.

On the other hand, when the outcome of an event ISN'T of earth-shaking importance for you, you're able to be your REAL self.

THIS is the self that has fun, that ENJOYS herself ... and, coincidentally, it's the self that's MOST ATTRACTIVE to others.

Everyone wants to be around the relaxed girl who's having a great time.

NOBODY wants to be around the woman whose whole being is angled towards success, success, SUCCESS.

Learn to think of dating and relationships as just one more aspect of your full-to-the-brim, energetic, fulfilling life - NOT that life's purpose.

When you do this, you'll notice that 2 incredible things start to happen:

• You relax, your stress levels decrease, and you yield to the beautiful harmony of life. You trust in the abundance of the universe (what Dr Alex Benzer calls 'wealth consciousness'), and feel confident that everything will turn out okay, WITHOUT you having to agonize over it. You find a new sense of balance. Essentially, you begin to enjoy yourself ... a LOT more.

• You become INSTANTLY more attractive to men.

Your relaxed, carefree enjoyment of life is totally irresistible to most people - after all, we ALL want to be around somebody with a genuine zest for life. Your natural effervescence will boost the mood of any man who comes near you - and THAT is authentically irresistible.

So please. For your own sake, as well as the sake of all those men out there who are praying that, one day, they'll find a woman just like you...

... learn to LET GO a little bit. Yield yourself to the rhythm of life. Accept the fact that you don't have to stress, strive, and agonize over your appearance and attractiveness in order to BE attractive.

Accept dating for what it is: a fun, light-hearted part of your life.

Eventually, you WILL find the man of your dreams ...

... So instead of stressing and straining about how to find him, meet him, and attract him, don't you think it's a better idea to LET GO of your worries, ACCEPT that 'what will be, will be', and simply enjoy the ride?

For more tips, check out the Get A Guy Guide course at:

==> [YOUR HOPLINK]

We'll talk again soon!

Your friend,

Mirabelle Summers

How to Get More Attraction Every Time

Subject: How to Get More Attraction Every Time

>>Hey, **[First name]**,

Have you noticed something funny?

A lot of the techniques and strategies for being attractive to MEN are also applicable when it comes to being attractive IN GENERAL.

Once you start applying the tips and techniques for attracting MEN that you'll find in these newsletters and the MYS product library, you'll feel the positive repercussions in all areas of your life: your family, your friends, your job.

When you make BEING ATTRACTIVE a real priority, you begin to have MAGNIFICENT relationships with EVERYONE in your life.

It's not just about the men!

It's an interesting concept, isn't it? Because it leads to the concept that men are ACTUALLY not all that different from everyone else.

What MEN find attractive is often what EVERYONE finds attractive ... and, in fact, is also what will help you to enjoy the kind of success in your life and work that you'd ALSO like to enjoy in your personal romantic relationships.

When you step back and take a look at how successful you feel in the 'attracting men' part of your life, you can use the resulting evaluation as a kind of 'self-calibration barometer' to evaluate how you are behaving in general ... and whether there are any areas of your life that may need to be changed.

For example, if you're pretty successful with men, it's a reasonably safe bet that you're also doing pretty well in OTHER areas that require social skills (such as familial and business relationships.)

But if you're lagging behind with your dating and relationship goals, it could be a 'warning sign' that you might need to work the aspects of your character that handle ALL social interactions ... such as your ease in social situations, your self-confidence, your self-image, and so on.

This is also a KEY strategy for making sure you are authentic and genuine at all times ... because, as I hope you're aware by now, truly authentic women never resort to game-playing, manipulation, or following arbitrary rules in order to attract the man of their dreams into their lives.

TANGENT: Incidentally, not everybody is as scrupulous as you and I. There are plenty of books and resources available which will actively encourage you to manipulate and trick men into feeling what they THINK is 'attraction' for you.

Unfortunately, when you get right down to it, this kind of attraction is nothing more than what a cat feels for the piece of yarn you're dangling in front of it: the instinct to CHASE.

When you resort to trickery and manipulation to attract men, YOU become that piece of string.

You're attractive as long as you're playing the game ... but as soon as you stop, and relax, and become YOURSELF, the attraction just fizzles out.

Being genuine is more important than you probably realize when it comes to forming the kinds of relationships you want, with the MEN that you want.

When you listen to your OWN voice, and your OWN opinions, you're much more likely to attract somebody who is a good 'fit' for YOU into your life.

And if you had the perfect man but let him slip through your fingers... I bet you always wonder "What if..."

If that sounds like you, I urge you to see if that elusive ex still thinks about you (and wants you back): **[YOUR HOPLINK]**

Of course, that's not to say that you shouldn't be blindly taking advice or following anybody else's opinion as truth....

Instead, I'm saying that you should always run new ideas past your own internal

Opinion-Generating Machine before you ACT on those ideas.

Follow somebody's advice blindly, and you are setting yourself up for pure, unmitigated DISASTER.

Here's a little story to illustrate what I'm talking about. (Incidentally, this story is actually based on the experiences of a client of mine ... but I've changed her name to protect her privacy.)

This woman - we'll call her Sharon - has been seeing her boyfriend for the past 6 months. They are in love, and are committed to one another.

Although they've made no plans to get married or anything of the sort, Sharon's boyfriend has shown her that he loves her many times over in the way that he acts around her, and the things he does for her.

The two of them live together in a small one-bedroom apartment, and are quite happy there.

Sharon's mother and father, however, are not so impressed.

Sharon's mother wants to see her Sharon happily married with a ring on her finger ... and hopefully, with a bun in the oven before too long (if you'll pardon the expression.)

Sharon's father doesn't care too much about the wedding, but he 'knows what men are like' and wants to make sure that this guy is REALLY as committed to Sharon as he says he is.

One day, over Sunday lunch, Sharon's parents sit her down and ask her when she's going to be getting married.

They tell her that a verbal commitment is NOT the same thing as a SHOW of commitment (i.e. a ring), and that, as they have always said, 'actions speak louder than words' ... so when will they be setting a date?

At first, Sharon brushes their questions off.

After all, she and her partner are happily in love, and she knows he wants to be with HER. As far as she is concerned, people are together because they WANT to be, not because they HAVE to be.

But if that's the case (says her mother), if he's so sure he wants to be with her, why DOESN'T he want to get married? Really, he should be thinking about what SHE wants, not just what HE wants ... and Sharon has wanted to get married ever since she was a little girl, 'remember, Sharon?'

Sharon goes home that day in a pensive mood.

Her parents have introduced an element of doubt into her otherwise happy life.

Here's what is going through her mind ...

If he DID want to be with her, SHOULDN'T he care about what she wants enough to ask her to marry him?

Could it be possible that he's NOT, actually, quite sure about her ... and that he might possibly just be biding his time and seeing if anything else comes along?

And that phrase of her mother's keeps ringing in her mind ... "actions speak louder than words" ...

Before you know it, Sharon's sense of security in her own relationship has been compromised.

She is worried and unhappy - and, worse, afraid to talk to her partner about how she truly feels (probably because part of her knows just how ridiculous those fears really are.)

Sharon ends up putting pressure on her partner about his intentions. She didn't MEAN to, but the pressure from her parents began to get to her.

And - as is so often the case in these scenarios - her fears created a self-fulfilling prophecy.

She was afraid that her boyfriend might be 'stringing her along' with no intention of staying around for the long haul ...

So, she began to act paranoid, needy, and insecure, constantly asking for reassurances and proof that he would NOT be leaving her.

This made her partner feel pressured and unhappy ... which led to more insecurity from Sharon ... causing more paranoia and neediness ... causing more unhappiness on his behalf ...

Finally, Sharon's partner couldn't take it any more. The woman he loved was happy, confident, secure Sharon - not this weepy, needy, insecure, demanding woman that she'd morphed into.

He packed up all his stuff, moved out of their apartment, and told Sharon he was ending it.

Here's the REALLY sad part.

If she had listened to her OWN instincts and beliefs about her own relationship, instead of allowing other people's opinions ...

... (opinions motivated by God only knows what mistaken good intentions at best) ...

... to influence the course of her relationship and life, there is a very good chance that she WOULD have been married by now.

At the very least, she and her partner would very likely still be together.

The lesson in this little parable is as follows: if you want to be genuinely successful with men (and, in fact, with life in general), you must learn to create your own 'frames' for your relationships.

Otherwise, your actions will forever be influenced by other people's opinions ... and you'll be far less likely to act appropriately to your own situation.

WHAT IS A FRAME?

A frame is a useful concept that's based in NLP (neuro-linguistic programming.)

A frame is basically a context, or a focus, for your thoughts and actions. It's like a picture frame for your life: just as a picture frame provides boundaries for the image seen within, a frame provides your life with limitations ... and can also open up all sorts of possibilities.

It all depends on the frame that you choose to operate out of.

For example, in Sharon's case, her parents framed her relationship in the context of her partner being a 'typical man' who was probably out to just get what he could from Sharon without taking her needs into account.

They had framed him as a selfish man who was not to be trusted.

Unfortunately for Sharon, her own 'frame' although much more positive than this - was also much WEAKER than her parents' frame. She allowed THEIR frame of her relationship to define and change the parameters of her OWN frame - EVEN THOUGH IT WAS FOR HER OWN RELATIONSHIP!

She allowed her parents to reframe her relationship for her.

THIS is the reason why it ended badly: because Sharon allowed her perceptions, interpretations, and reactions to her relationship to be REFRAMED by somebody else much less qualified than herself to do so.

I really cannot stress this enough: if you want to be successful in life and love, you MUST be capable of framing your OWN relationships and experiences FOR YOURSELF.

What this means, in practical terms, is that you must put more energy into controlling your OWN relationships and your OWN perceptions, BASED ON WHAT YOU KNOW. Yours is the opinion that is the most important, because YOU are the person who knows what is best FOR YOU.

Think of it this way: if Sharon had been a strong, confident woman, who was capable of maintaining her own relationship frame based on HER OWN PERCEPTIONS, she would have been able to comfortably listen to her parents' attempt to negatively reframe her relationship for her ...

thank them for sharing ... and then return to the comfort of her own home ... all without turning a hair.

Look: reframing isn't always a bad thing. It is entirely possible to POSITIVELY reframe an experience, for example, and thus feel better about what could have been seen as a 'bad' thing for you.

But you MUST be capable of comparing everybody else's frames on your experiences to your own PERSONAL opinion and your own PERSONAL frame.

Don't just swallow them hook, line, and sinker - or else you'll never have your own opinion, you'll ALWAYS be at the mercy of other people's frames, and (of course) most people will not perceive you as attractive ... because there is nothing attractive about a weak, unconfident, and insecure woman!

Just remember this: THE PERSON WITH THE MOST CONFIDENCE ALWAYS WINS.

The person with the strongest FRAME always wins.

If Sharon had replied to her parents with a confident, "Yes, and isn't it great that I'm so happy and secure in my relationship that I don't need a ring to feel safe?" ... they would have been, initially, flummoxed ... and then (I'll bet money on it) actually HAPPY for her.

Think about it.

There are so many ways to get the committed relationship you have always dreamed of. Maybe you already had it and didn't know!

If you still have a man you think about, you should watch this short video:

[YOUR HOPLINK]

I'll talk to you again soon ...

Your friend,

Mirabelle Summers

meetysweet.com

What If You Want MORE Than Friendship?

Subject: What If You Want MORE Than Friendship?

Hey,

You know how AGONIZING it is when you have a male friend who you've developed feelings for.

It's not the feelings themselves that cause so much pain ... it's when they're UNREQUITED that it really hurts.

Of course, there are things you can do to try and move the friendship to the next level - but frankly, there is a very high chance of ending up with nothing more than a wounded ego and no more friendship.

If you find yourself tongue-tied when around men you really like, you may want to take a look at:

[YOUR HOPLINK]

It's a difficult one.

But there is a solution ...

It's called, NOT GETTING STUCK AS A FRIEND IN THE FIRST PLACE!

Seriously. If you've got a guy friend you're ALREADY hopelessly in love with, you are going to have to make a choice:

a) Either tell him, directly or through subtle innuendo, how you feel, and risk losing the friendship

OR

b) Cut your losses now, and end the friendship yourself.

Truly, you will most likely NOT be able to continue being 'friends' on any normal and healthy level with someone you are in love with ... what usually happens is that the woman in question becomes more and more miserable, more and more besotted, and more and more insecure ...

... until finally she's TOTALLY fixated on this one guy and loses out on ALL these other opportunities to meet GREAT new men who actually DO want her.

Think about it! What kind of a lesson are you teaching yourself when you "hang in there" in the hopes that this friend of yours will eventually wake up one morning and 'realize' that he's madly in love with you?

You're teaching yourself a subconscious lesson that MEN DON'T FIND YOU ATTRACTIVE...

... and that the way to make men find you attractive is to chase them around and get more and more bogged down in your own head and your own emotions.

Look: he's not going to spontaneously REALIZE that he has feelings for you.

Sorry, but that just doesn't happen.

Well ... allow me to correct myself (slightly.) I am willing to concede that SOMETIMES, and VERY RARELY, this has been known to happen ... but realistically, the chances of this happening to you are almost nil. That's something you're just going to have to accept.

You either need to be straight-up with him about how you feel, or end the friendship and move on, thus freeing yourself up for better things.

(Let's face it: the friendship ACTUALLY ended when you realized you had feelings for him. You can't be real friends with someone you're in love with.) And in fact, you've actually got MORE of a chance of success with this guy happening if you REMOVE yourself from his life for

awhile(especially when the alternative is you hanging around, being super-available all the time and hoping that something happens.)

Let him miss you. See what happens.

In this situation, making yourself less available, more mysterious, and more INDEPENDENT is EXACTLY what you need to do. Familiarity does not breed lust or love with someone who thinks of you as a friend ... but a little distance and a little 'missing you' just MIGHT. (Once again: that's MIGHT.)

But in all honesty, the best cure for this horrible situation is PREVENTION.

And that means that you have to prevent yourself from slipping into a platonic friendship with a man you consider potential boyfriend material (or even husband material) RIGHT FROM THE GET-GO.

Let's talk about some ways for you to do that.

First of all: you need to focus on creating CHEMISTRY.

It's very important that he sees you as a feminine, attractive being from the VERY BEGINNING. This doesn't mean that you have to be perfect or beautiful - it just means that, since you never know when you're going to meet someone you feel that SPARK with, it's important that you are prepared for flirtation and attraction AT ALL TIMES.

Let's be honest for a moment, shall we? Men tend to form their impressions of a woman very quickly. It doesn't take long for them to 'categorize' a new acquaintance as, 'possible lover' or 'just a friend', so you need to be ready to take advantage of the opportunity when it presents itself.

Here's an example of why this is important: My friend (we'll call her Dana, to protect her privacy) was round at another friend - who we'll call Stephanie - 's place the other day.

They had a 'girl's night in' planned, so Dana had deliberately dressed right down. She was wearing loose, sloppy trackpants, Ug boots, no makeup, and her hair wasn't freshly washed.

Basically, she was prepared for a night of eating comfort-food and lying on the couch with Stephanie, dishing the dirt and just chilling out.

But about half an hour into the evening, Stephanie got a knock on the door ...and when she got up to answer it, it was her brother ... and about 3 of his friends. One of whom, coincidentally, happened to be JUST Dana's type smart, professional, witty, interesting, and cute to boot.

Even MORE coincidentally, Dana was single and looking.

But did she take advantage of this unexpected gift dropping right into her lap??

No, she did not. She was so intimidated by how frumpy she was feeling that she just sat quietly on the couch, hugging her knees to her chest, and hardly said a WORD. Not one inkling of her normal sparkling, witty personality came through: as she said later, she felt "at a horrible, underdressed, unattractive disadvantage."

HERE'S THE LESSON IN WHAT HAPPENED TO DANA: Because she was feeling frumpy, she TOTALLY shot herself in the foot and lost an opportunity to make a connection with a real live attractive man right in front of her! Who knows what could have happened if she'd been feeling confident and attractive and had participated fully in the conversation?

The message here is that YOUR CONFIDENCE LEVELS ARE KEY. If you are looking frumpy, chances are you're FEELING frumpy ... and most likely, guys will be able to sense that you're feeling that way, and will not be attracted.

It's not that you need to look beautiful or glamorous. You just need to feel COMFORTABLE enough with your own self and the message you're sending out there to be able to jump at the opportunity when one presents itself.

The world is ripe with unexpected possibilities for meeting people. It pays to take care of yourself at ALL TIMES: not only will you LOOK better (which, frankly, never hurts), but - more importantly - you will be much more able to be your attractive, confident and unique self and have fun in the moment without feeling self-conscious and inhibited.

Tip #2: When you talk to him, don't just TALK.

FLIRT.

Don't be prone to 'magical thinking' and just expect something to miraculously 'happen' when you meet a man you find attractive.

You might be surprised at how many women do this: they find someone who could be relationship material, and decide that if it's 'meant to be', then it will 'just happen'. And as a result, they make very little effort to help matters along ...

and of course, NOTHING ENDS UP HAPPENING.

Here's a little tip for you: you are MUCH more likely to enjoy success with the men of your choosing when you CREATE an atmosphere of FLIRTATION and CHEMISTRY.

This doesn't mean that you have to re-invent yourself as a giggling, simpering minx. Good flirting isn't about SCREAMING sexuality, it's about HINTING at it ... but more than anything else, it's about making the guy feel great about himself.

... and if you ARE interested in learning how to be the kind of mature, attractive, interesting flirt who knocks their socks off, you should check this out: **[YOUR HOPLINK]** ... but I'll give you a few quick pointers so you always get off on the right foot:

Good flirting is about creating the space for romance to happen. If you want to flirt with a guy, you should bear in mind that it's all about giving him POSITIVE FEEDBACK.

If you want him to seek you out again and again, you want to let him know that you enjoy his company. So: smile. A LOT. Laugh at his jokes.

Make plenty of eye contact. And introduce TOUCH this one's a biggie, as it really emphasizes your femininity and portrays you in a more physical framework. (Use sparingly, though, because it's powerful!)

I'll talk to you again soon!

[Your Name]

Make Him Fall In Love On the First Date

Subject: Make Him Fall In Love On the First Date

The way we behave on the first couple of dates is what sets the tone for the rest of the relationship, whether it's a week long or lasts for a lifetime. It's a microcosm.

This is why the first couple of dates are EVALUATIVE in nature: each person, if they're smart and accustomed to dating efficiently and effectively, is evaluating the other person to see if they're likely to be a good 'fit'.

For many women, this is really confusing. Lots of women don't realize that the first date(s) are evaluative in nature - they think that the evaluation has gone on BEFORE the date even occurs.

They think that if somebody asks them out on a date, they must have already decided that they 'like' her - as if this is a done and dusted conclusion.

This is not the case at all! Yes, a man is INTERESTED if he asks you out on a date, or if he accepts your offer of a date.

But that isn't license to get all excited and start planning your future together - or even to spend (waste?) time daydreaming about how cute he is, how well you'll probably get on together, and what he'll be like in bed.

When you take success for granted ahead of time, you're setting yourself up for a major disappointment. Not just because, IF the date doesn't pan out well, you'll be disappointed (which, after having invested time and effort in daydreaming all these romantic daydreams about him, you will be) ...

... but because counting your chickens before they are hatched is actually a CAUSE of a date going badly.

It all boils down to the EMOTIONAL SIGNIFICANCE that you invest in a particular event, and the pressure that that significance places you under.

For example, let's say you're on a date with a really hunky guy who you're REALLY into. You think he's great - in fact, you're even thinking, "This could be The One!"

And because of the importance that you've invested this date with - the emotional significance that it now has for you, what with this guy potentially being your future husband and all - suddenly, everything is MUCH too important for you to be able to relax.

There's too much at stake. What if you screw up? You'll have ruined a potentially great relationship with this guy, who could even be The One!

What if he doesn't like you? What if you do or say something dumb? What if you RUIN everything??

That is the kind of thinking that your 'mental chatterbox' will subject you to, when you over-invest in an event's significance. The pressure involved causes you to get stressed out, anxious, self-conscious, and jumpy ...

... and it's simply NOT ATTRACTIVE.

If this sounds dreadfully familiar, I can help rescue you from yourself without lowering yourself to games and trickery. If you want genuine men, it takes a genuine approach, which you can find out more about at:

[YOUR HOPLINK]

In addition to all the weird mannerisms that nerves subject you to (like playing with your hair, sitting very stiffly and self-consciously, laughing too hard or nervously, talking fast or not enough), you also become very PREOCCUPIED.

There's another phrase that life-coaches and psychologists use to describe this state of mind.

They call it NOT BEING IN THE MOMENT.

When you're 'not in the moment', you're basically living inside your own head. You're distracted from what's ACTUALLY HAPPENING by the judgments, opinions, and worries that your 'mental chatterbox' is supplying you with.

This quality of living inside your own head is what stops you from being truly attractive.

Instead, you're preoccupied, self-absorbed, and not centered - the three hallmarks of the insecure and needy person. (I'm sure I don't need to tell you that neediness and insecurity are qualities that most people will RUN from.)

Being present, or 'in the moment', is one of the most ATTRACTIVE ways of being that you could ever hope to adopt.

It's all about turfing out all your cares and worries about the past (which you can't change) and the future (which you can't predict), and just relaxing into your life and into the present moment.

Essentially, it's being comfortable in your own skin, and in the way that things are right now.

When you're free from your own pre-formed opinions and needs and desires on a date, you instantly become much calmer and more accepting.

You're able to relax more, and get much more from the man you're on the date with.

You can truly pay attention to HIM, see the world from his point of view, and really participate in the event.

Instant charisma!

You can always tell someone who's truly in the moment because they seem so calm, accepting, centered, and enlivened. They make you feel good to be around. You know that, when they're with you, they really are WITH YOU - not off somewhere in their own little world where you can't follow.

When you think about it, this moment is the only one we ever have. We do not exist in the past, or in the future - only RIGHT NOW, in the 'here and now'.

And it's in this present moment that everything that'll have an impact on your FUTURE 'here and now' takes place - which is part of the reason why being fully present, and not permitting yourself to be distracted by the past OR the future ...

... simply focusing your full attention on whatever it is that you're doing right now, whether it's talking to someone, listening to what they've got to say, eating a meal, doing the dishes ...

... is so important.

And it's very ATTRACTIVE, too. Let's take the example of being on a date to make this perfectly clear to you.

When you're out with a guy, one of the most attractive things you can do is to focus your full, undivided attention on him.

You're not craning your neck around, zoning out and thinking about whether you're double parked, or checking out the waiter. You're not saying, "What?" every two minutes.

You're simply giving him the gift of your total concentration and full attention - just by LISTENING to what he's got to say. Not imposing any values on him.

Not judging him, or comparing what he's said to your own personal agenda, or trying to decide whether you guys are going to be future soul-mates or not.

Not paying attention to the chatterbox inside your head.

Just LISTENING to him, and really participating IN THE MOMENT.

Here's a passage from an interview with Marie Forleo, whose way of talking about the quality of being 'in the moment' I really appreciate.

She tells you that, if you want to try being in the moment when you're out with somebody, you can actually train yourself to exist on that plane.

You can do this by COMPLETELY DROPPING the conversation that's in your mind (your 'mental chatterbox'), and putting your attention on fully hearing what your companion has to say FROM THEIR POINT OF VIEW.

You don't have to agree with it. You don't have to disagree with it. Don't try and figure out if you know where they're going with it. Don't make comments on it. Don't try to finish their sentence for them, or interrupt.

Just practice bringing yourself back to REALLY HEARING what they have to say from their point of view.

This is a really simple exercise to train you in being present in the moment - but it's very effective, it's very efficient, and it's VERY attractive.

There is so much going on inside a man's mind that he's probably not telling you. If you want to know what he's thinking, and why he acts disinterested, distant, and pulls away...

Make sure you know this so he never dumps you and always sees you as the one he can't live without:

[YOUR HOPLINK]

Incidentally, I know this might be a little confusing at first - here I am telling you that the first dates are evaluative in nature, and then in the next breath I'm telling you to put your judgments aside and 'be in the moment'.

Here's a trick for you: YOU CAN DO BOTH.

Before you go on the date, you'll ideally have figured out what it is, essentially, that you're looking for in an ideal man. You've got a fairly clear idea of what it is that you're looking for.

When you're ON the date, you put those desires and judgments-in-waiting to one side, and simply EXIST, devoting your attention to the present moment.

You wait to form opinions of this person and consciously evaluate the date when you can no longer gain more valuable information or input from what happens on the date itself - i.e., when it's OVER.

You can do both!

You might feel at this point like there are a lot of little things to remember, attitudes to implement, and things to do and not to do. That's OK. You don't have to worry about it right now learning a new approach DOES take a bit of effort at first.

But the more you practice doing it, the easier it will become, until being in the moment is no longer something that you have to consciously practice doing - it simply becomes part of who you are.

And when you reach that stage, it's like magic - you really enhance your attractiveness, and (because others can sense your authenticity, and your ability to be comfortable in your own skin, and the fact that you're a judgment-free zone) you form MUCH more meaningful, deep bonds with people.

So to wrap up for today, here's a quick review of the key points we've covered just now: - First dates are evaluative by definition.

Don't waste your time or energy forming opinions of a guy before the date itself. Remember, you don't know him yet.

- Investing too much emotional significance in a date is unattractive. It makes you nervous, jumpy, and self-conscious, and sets you up for disappointment.

- Learn to be in the moment in order to be truly attractive, and to get as much out of your dates as you truly can. Put your judgments to one side and just participate in the moment.

- You can wait until after the date to form opinions. It's not productive OR attractive to form opinions and evaluate while actually on the date. Keep an open mind and put your mental chatterbox to the side.

- Practice being in the moment by dropping your internal conversation (the chatterbox) and bring your attention fully to bear on the person that you are with. Do this until it becomes second nature, and reap the benefits!

Don't forget, if you are really serious about success with men, your first port of call is Why Men Pull Away.

[YOUR HOPLINK]

Seriously, it will change your life!

I'll talk to you again soon!

Your friend,

Mirabelle Summers

meetysweet.com

Social posts and hooks

Angles and hooks

Angle | Who it is for | Opening hook

The time-waster pattern

The product's subtitle is about avoiding time-wasting jerks, so the click lands where the promise points. | women who keep ending up with men who fade after a few weeks

Where: email lists, Facebook groups | “If you can predict how your next relationship ends, it's time to look at the pattern behind the men.”

All the good ones are taken

The vendor review names this exact belief as the one women share most. | women 35-55 back on the dating scene

Where: newsletters, blogs, Facebook | “Everyone says the good men are taken. Here's why that feels true and isn't.”

Your list of what you want

Knowing what kind of man you want is the guide's starting point. | women who aren't sure what they're looking for

Where: email lists, Pinterest | “Most women can describe their last three exes in detail and can't describe the man they want in one sentence.”

Stuck after date three

The guide covers developing attraction into a relationship, not just getting noticed. | women who get first dates but not relationships

Where: email lists, YouTube | “First dates are easy for you. It's what happens after the third one that keeps going wrong.”

Start with you

The guide's point of difference is authenticity, not tactics, which also keeps refunds down. | women tired of dating tricks and rules

Where: blogs, newsletters, Instagram | “Every dating book tells you how to act. This one asks who you are first.”

Old baggage, new man

Letting go of past baggage and misconceptions is a named part of the guide. | divorced or long-term single women

Where: email lists, Facebook groups | “You can't meet someone new with the last man still sitting in the passenger seat.”

The next-level question

The guide covers when to move things to the next level without putting it at risk. | women dating someone they like who won't define it

Where: email lists, blogs | “There's a right time to ask where this is going, and most of us ask at the wrong one.”

Homework that works

The Actionable Attraction Challenges set it apart from read-only dating ebooks. | practical women who like to do something, not just read

Where: blogs, YouTube | “Reading about confidence doesn't change much. Doing one small thing on Tuesday does.”

Successful everywhere but love

The vendor review speaks directly to women who succeed at work and with friends but not in relationships. | career women whose love life lags their working life

Where: LinkedIn-adjacent newsletters, email lists | “You run a team, a budget and a household. Why does a second date feel harder?”

Her own story

The sales page video opens with Mirabelle's personal story, so the presell sets up exactly what the reader will see. | women who like a real story before a recommendation

Where: email lists, Facebook | “The author was once where you are. Her video tells you what changed.”

Social media posts

Facebook

Honest question for the single women here: can you describe the man you want in one sentence?

Not his height or job. What an ordinary Tuesday with him feels like.

Most of us can describe our exes in detail and go blank on this one. Which is probably why the wrong ones keep getting through.

I've been reading Mirabelle Summers's Get A Great Guy Guide, and that's where she starts. Short video here (affiliate link): [YOUR HOPLINK]

Drop your one sentence in the comments if you're brave.

Facebook

Three signs he's a time-waster, and you'll usually see them by date two:

1. He makes plans in the moment, never ahead.

2. He's warm in person and vague by message.

3. You know a lot about his past and little about his week.

None of these make him a bad person. They do make him a bad bet if you want something real.

The Get A Great Guy Guide by Mirabelle Summers is about spotting this early and finding a man who's worth it. #ad [YOUR HOPLINK]

Instagram

The good ones aren't all taken. They're just quieter than the charmers. 🧡

If you keep falling for the same type and ending up in the same place, the Get A Great Guy Guide by Mirabelle Summers starts with what you want and how to spot time-wasters early.

Link in bio (affiliate link). #ad

#ad #datingadvice #datingtips #singlewomen #datingover40 #healthyrelationships #knowyourworth #dating

X / Threads

Most women can describe their last three exes in detail and can't describe the man they want in one sentence. That gap is where the time-wasters get in. This guide starts there: [YOUR HOPLINK] #ad

Pinterest

Pin title: How to spot a time-waster before date three

Description: If your dates keep fading after a few weeks, it may be a pattern you can learn to see early. Mirabelle Summers's Get A Great Guy Guide helps you work out the man you want, recognise him, and build something real. Affiliate link. #ad

Board ideas: Dating Advice for Women, Healthy Relationships, Dating Over 40

Alt text: A woman laughing over coffee with a man at a sunny cafe table

#ad #datingadvice #datingtipsforwomen #relationshipgoals #datingover40 #healthyrelationships

TikTok / Reels / Shorts

[Hook, to camera] If you can predict how your next relationship ends, listen.

[Beat 2] He's keen on date one, sweet on date two, and by date four he's on his phone under the table.

[Beat 3] Those men usually show you who they are early. We miss it because we're hoping.

[Beat 4] There's a guide called the Get A Great Guy Guide by Mirabelle Summers that's about seeing it sooner, and finding a man who's worth it.

[CTA] Link in my bio. It's an affiliate link, so I may earn from it. #ad

#ad #datingadvice #datingtips #singlelife #redflags #datingover30

YouTube description

In this video I talk about the time-waster pattern: the man who's keen early and fades by the fourth date, and how to spot it sooner.

The guide I mention is the Get A Great Guy Guide by Mirabelle Summers (over 250 pages, with practical exercises). It's $47, one payment, with a 60-day no-questions-asked refund.

See it here (affiliate link): [YOUR HOPLINK]

Disclosure: this is an affiliate link. If you buy through it I may earn a commission, at no extra cost to you. Results vary, and no guide can promise a relationship.

Story (3 frames)

Frame 1: Quick one. Describe the man you want in ONE sentence.

Frame 2: Hard, right? Most of us can describe our exes better. That's how the wrong ones keep getting through.

Frame 3: This guide starts exactly there. Swipe up / tap the link (affiliate link) #ad [YOUR HOPLINK]