

The
5 Secrets
of
Ultimate
Seduction

For Women Only

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Presented by

The-Ultimate-Romantic.com

The 5 Secrets of Ultimate Seduction

For Women Only - How to arouse your man and enjoy the best sex of your life!

Notes

Women for centuries have known, that true seduction is an art form. In many cultures around the world, including this one, this “art” of seduction is taken very seriously, and often many years are spent during a lifetime in practicing it and perfecting it.

To what end? Women in many so-called “modern” cultures have come to look “down” on the womanly arts, considering them to be an unwelcome link to a patriarchal past where men dominated and women were held to be “property”, and valued only for their ability to serve a man and to raise his progeny.

To whatever extent this may or may not have been the case, to look at it simply in this manner misses the point.

Look around you. As women, we have become socially (and legally) “liberated”, and yet some of us are more unhappy than ever. Without the traditional forms to guide us, our relationships have suffered, as we no longer quite know how to treat men. Nor do they quite know how to treat us. The rules have changed – and in many instances, there are no rules at all.

This is not all bad, of course. No one quite wants to return to the “bad old days” of the past. And yet, when it comes to the womanly art of Seduction, it seems that we may have thrown the “baby out with the bath water”.

Seduction is all about attraction, and desire. In the old days, a woman’s primary task in her youth was to make herself as appealing and desirable as possible, so as to be able to successfully attract a man with the means

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and ability to support her and the children she eventually hoped to have.

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Women no longer “need” men to support them economically. And yet, this is a far cry from saying that we don’t need men at all! There are emotional needs, and physical needs, that can only be fulfilled through the mysterious but delightful relational interplay between members of the respective genders.

Seduction today is all about playing the “man – woman” game so as to maximize it’s success, and it’s satisfactions. There is much that we can learn today from the traditional seductive arts – and much that we can add to it as well!

What we first have to come to grips with and acknowledge, is that contrary to decades of indoctrination and hype, that men and women are indeed “different”, in some very significant ways.

Yes, there are those – the obviously physiological ways. But what I am referring to here are the ways in which men and women, as a rule, are different, in the ways that they are motivated, and the ways that they respond emotionally and sexually.

You may have heard this before, but it bears repeating. If you are going to successfully learn how to seduce a man, and in the process give him, and yourself, the most stimulating and satisfying experience of both your lives, it is something you simply must learn and take to heart. If you do not, you will fail, miserably.

In a nutshell, men are hard-wired by evolution for completion. They are genetically driven to achieve the orgasm, the release, and the planting of the seed, as

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quickly and as efficiently as possible. Once they have achieved this task, sexually they are done, as far as survival and evolution are concerned.

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We, on the other hand, are geared for the process of relationship. In evolutionary terms, we are focused not only on finding a man who will plant his seed in us, but who will love us, cherish us, and support us, and who will be around to take care of us and the children that we hope to bear. Genetically, we are all about nurturing and growth.

As a result, men are generally often quite frustrated and flustered by the “process” we must undertake in order to satisfy our needs. For the man, it’s “git’r done!” For us, it’s “not so fast! Let’s take some time and talk about it ...”

Thus for women, the process of Seduction is often one of attracting the interest and desire of a suitable male, and then keeping his interest going long enough for us to decide if he is worth the evolutionary “risk” of children.

For some women, the whole “attraction” thing isn’t very hard at all. Practically all they need to do is look at a man for more than a passing second, and he is ready to mate with her on the spot.

It is worth remembering that men, for the most part, have an “on – off” switch when it comes to sex. Either they are interested or they are not – and if they don’t happen to be interested, it doesn’t usually take much effort at all to get them interested.

At least, until we’ve been married to them for a year or two – or less. Then it takes a lot more effort – but the

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switch is still there. Once it's "on", it's on, until completion. Which for most men, is accomplished in as little time as possible.

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As women, we have by contrast "volume controls". Our sexual interest and desire is dependent on a world of factors, including hormonal, relational, our feelings about ourselves, how well we think the relationship is going, how the sheets feel, what that strange smell is, the fight we just had with our best girlfriend, and how little Johnnie is doing in school this quarter. It takes a little time, and a lot of coordination for all of this to come together. The seductive process gives us that time, among other things.

We also crave romance. Now romance is a hard thing to define, but generally we know it when we see it or experience it.

Oddly enough, most men are naturals in the romance department when we first meet them – that is, while they are seeking to attract us. Subconsciously, they seem to know what it is that we need in order to become attracted, and get turned on. They spend time with us ... listen to us ... tell us we look nice ... and take their time getting us out of our clothes.

The longer we know them, however, it seems that this knowledge is lost. Seduction thus becomes all about (in part) getting the men we know to remember how to properly romance us, all over again. This in spite of their internal urge to just "git'r done!"

Seduction is in a sense a process of slow "tease" – of raising a man's expectations, and desire to be close and intimate with us. Done properly, this raises the intensity

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of the experience, and the satisfaction obtained, on a number of levels.

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It is important to remember however, that most men will have a limited tolerance for the “tease”. While our arousal will generally only grow the longer it continues, men can only maintain the necessary intensity, and physical readiness, for a much more limited period of time.

An excessively frustrated male can quickly become an angry male (anger being a result of the same testosterone necessary for arousal), and anger quite definitely will put an immediate damper on the arousal, and satisfaction, that both of you ultimately obtain from the experience.

So what excites and arouses a man? And how can we use that knowledge in our seductive process for heightening the ultimate satisfaction that both of you will gain from the experience, as well as for the quality of the relationship that you have with him?

Just as we women are drawn to men of strength and confidence, men are drawn to women who regard them, and treat them, as strong, powerful, and confident. It is an instant aphrodisiac! Men love to be admired, and appreciated. Do this, and do it genuinely, and you'll soon have him eating out of your hand!

Don't be fake. Men can be slow on the uptake, but once they get the sense that you are being insincere, they will tend to feel mocked and disrespected, which in turn will either make them angry (a sure-fire wet blanket on the fires of passion), or they will simply lose interest in you.

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Tip: If you feel that you are having to fake your admiration or appreciation of the man you are attempting to seduce, end the situation as quickly and as graciously as possible, and move on to find a man that you DO have those feelings about.

Does this mean that you have to spend your time and energy massaging some man's ego? You bet it does. If he is a real (self-confident) man, it won't take much, and if you sincerely find him attractive, it won't take much effort on your part either.

However, if the whole idea sort of turns your stomach, and offends your "liberated" sensibilities, then I will suggest that either you have some real "issues" with men that you need to deal with, or you are looking for an entirely different kind of relationship, and you need to stop reading this e-book and delete it from your computer, because it won't be of much help for you.

What this e-book is about, and what you claimed to be interested in when you picked it up, is how to better seduce a man, in order to enjoy a better, and more fulfilling romantic and sexual relationship with him (whether short or long-term). Men and women are different. Learn it – love it – live it.

On par, as women we are most strongly attracted to men who exhibit qualities of strength, competence, and self-confidence. If we are strong and self-confident women ourselves, we seek men who at least match us in our level of strength and confidence.

We find weakness repellent in a man. We often say we want "sensitive men", and yet when we find them, we

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are generally disappointed. There is a fine line, it seems, between sensitive men, and weak, clingy, and needy men.

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What we really mean to say, is that we want strong, competent, and confident men, who are able to listen to us, validate us, consider our feelings – all without getting lost in them.

Men live to make us happy, figuratively speaking. When we are happy, they are happier, and more content. “*Just to see you smile ..*” goes a certain ballad, “*.. I would do anything.*” When we smile, laugh, and appreciate him for doing something, and admire his strength, power, and competence in doing it, they melt, and want to become closer to us.

The problem in many long-term relationships is that as women, we will tend to sub-consciously “test” our men, to verify their strength.

This can have a long term eroding effect. Plus, as time goes on, we will have ample opportunities to see our men when they are NOT at their best – when they are tired, or not quite as strong or as competent as we had thought.

If we are not careful, we can become critical instead of appreciative, condescending instead of admiring, and our relentless “testing” in search of that strength we once thought was there, will become “bitchy” and tiresome. All of which kills passion, desire, and intimacy.

Most women barely know this about themselves. And yet it has a critical impact on their success in the art of Seduction, and to their continued, long term happiness and satisfaction in their relationship with their man.

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When we look at men with that flirtatious “come hither” look (that men find quite compelling, by the way), or engage in flirtatious conversation with them, we are telling them, “You interest me. You seem like a strong, confident man who can make me happy. Won’t you come over and make me happy by being the man that you are?”

If we have selected our target well, the man will respond in a pleasing and positive manner. They will tease us, and flirt back. Switch on!

Back to romance. To most women, seduction, romance, and relationships are inseparable qualities. One simply cannot effectively have one without the other.

To men, all of these things are barely tolerated means to an end. Some are better at them than others, and some have those qualities more closely integrated into their normal behavior. But almost inevitably, in the long run, the effort erodes.

Part of the on-going seductive process is to motivate the man to be more attentive to these aspects of our time with him, and to make it strongly worth his while to demonstrate those qualities. We do this most effectively by being effusively appreciative and admiring of him when he delivers even an effort at any of those things, no matter how half-hearted we think that the effort might be.

Remember, admiration and appreciation are aphrodisiacs to the male. They are also addictive. The more they get, the more they want, and the more they will do to continue to get them. Criticalness will get you the exact opposite result.

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So here are five keys to successful seduction.

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- 1. Appreciate, admire, and then appreciate some more.** Admire him for his strength, his abilities, his competence. Appreciate what he does for you (and to you! ;-)) Start small. It can be any little thing. Especially little things he does for you that he doesn't think you noticed. **Tip:** If he points out something that he did for you, he wants you to notice and appreciate it. Be generous with your praise! It pay's off!
- 2. Understand that the two of you are not going to enjoy doing all of the same things.** That's okay. If you love sappy love stories and soap operas, and he'd rather be watching football or NASCAR, don't complain about never doing things together. Just enjoy doing those things that each of you do separately, as well as those things you enjoy doing together. Men need space to be ... well, men. Just as we women need time and space to be just who we are.

Sexually, come to grips with the fact that while you'd really prefer a lot of soft cuddling, soft caresses, and gentle kisses, he'd probably rather have it be a rocking, screaming orgy with two other women in the room, albeit including you. Variety is spice.

There are times for the slow, passionate, gourmet sex – times for “quickie” wham-bam sex – and times for experimental “kinky” sex. Indulge him in his fetishes and fantasies (even better if you actually enjoy them too), and you will be rewarded as well with yours (contrary to stereotype, most men do

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enjoy the slow, passionate experience too, at least occasionally.)

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- 3. Appreciate what he does to you, and how he makes you feel.** Appreciate it loudly. Most men get very aroused by women who are genuinely responsive. If you like what he's doing, moan. If you like it a lot, moan louder. Gasp. Scream!

If there's something you really don't enjoy, however, be up front about it and let him know in a gentle way, and follow it up with a hint about what REALLY makes you get all quivery. Stopping him might put a brief damper on the mood (or not), but pretending to enjoy something that you actually don't will just get you more of it, and in the long run he will feel betrayed when he finds out you were faking – plus start wondering how much else you were faking!

Take the lead from time to time. Men put themselves under a lot of performance pressure, and pressure to please you. Remove the pressure from time to time by letting him just sit (or lie) back, and let YOU do all of the work.

- 4. Men are very visual.** How you look (and act) is important. You don't have to be some sort of beauty pageant queen or swim suit model – he likes / loves you for who YOU are. But make the most of what you have.

Keep yourself clean and well-groomed. Find a hairstyle and color that flatters your face and figure. Wear clothes that both frame, and suggestively conceal, your feminine curves. Take good care of yourself physically, as best you can. Keep the body

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hair under strict control. If you wear glasses, find a style and frame that compliments your features. Makeup is good, but keep it to a minimum, especially if you want to be close.

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An appropriate, quality perfume that works well with your body chemistry, not too overpowering, is a nice touch. Men are generally attracted to “classy” women – women who feel good about themselves, and who look and act accordingly. A woman who is clingy, needy, and whiney (or bitchy) is nearly as unappealing to him, as a man who is those things is unappealing to you.

- 5. Get away.** Most of us have way too much stress, distractions, and other “baggage in our day-to-day environments, to be able to relax and allow a mood of romance and passion to build.

Occasionally rent a room at a nice hotel or resort, even if it’s just “across town”. If you can, get the whirlpool or honeymoon suite. Then, dress up and go out for a nice dinner, a movie, or a live theater performance. Wander a museum, a park, or an art gallery. Go to a sporting event or outdoor concert that you both enjoy. Hold hands. A weekend away at a cabin or lake, even camping. Perhaps a cruise.

The point is to get both of you out of your daily “rut” and into a different environment or experience that you both can share. Make it a time where you can both relax and concentrate on each other.

Tip: Studies have found that sexual activity by couples increases dramatically after the purchase of a new bed, no matter how long the couple has

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been together or married. The moral of the story – if you want to increase your sexual satisfaction, go sleep in a new (or different) bed! Perhaps this is one reason why hotels and motels are such popular “romantic getaway” destinations!

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If he seems reluctant, offer to plan the getaway and make all of the arrangements, packing, etc. Often planning a “perfect getaway” can seem overwhelming, particularly to the man who is busy with his life stresses.

This isn't to say that your life isn't just as busy or stressed, but in their inherent desire to “make you happy”, men will tend to sweat the details, afraid perhaps to make a decision or choice that you won't like. Dittos for the “plan it together” approach. More often than not, he will tend to defer to your preference anyway. (“Whatever you like, dear”), or become frustrated with the endless discussion and decision-making by consensus.

If, on the other hand, your man enjoys making such arrangements himself, then sit back and enjoy it! Be sure appreciate him and his effort, and actively admire his skill in putting it all together – ESPECIALLY if things didn't come together perfectly, or quite how you would have done it.

Tip: Generally, women are more inclined to enjoy the unexpected or spontaneous getaway. Many men do as well. However, if yours is not one of them, and if you are doing the arranging, you are probably better advised to give him several days notice to clear his mind and his calendar. Assure him that you'll take care of arranging everything,

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and all he has to do is show up. You won't even expect anything of him. If all he wants to do is hole up in the hotel and watch TV, you're okay with that, as long as you can snuggle with him and watch too. Take the pressure off and it won't be long before he's suggesting something to do.

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So, is that it? Is that all that there is to seducing a man?

Hardly. But if you've absorbed and are able to take to heart just SOME of what you've read so far, then I can guarantee you that your seductive and romantic success with men (or that special man) will have doubled, if not tripled!

If you feel like you've known all of this or have been doing all of this all along, and were looking for some additional ways to "fine-tune" or expand your seductive repertoire, then fear not. It doesn't end here. Remember that when you requested this Free e-book, that you were also subscribed to the Free "Secrets of Seduction" e-Course, an ongoing series of lessons designed to enable you to dramatically improve your seductive ability.

So stay tuned, and watch your mailbox for more.

If you received this e-book without subscribing to the free Course, you can do so at

<http://The-Ultimate-Romantic.com>

Feel free to share or copy this e-book to your friends. But keep the e-Course to yourself! (You don't want to give away ALL of your secrets – seduction is far too competitive a game already!)

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This e-book will also occasionally be revised and expanded with new information and resources, information that will make it an even more powerful resource, and an important addition to your “Feminine Library”. Subscribers to the on-going e-Course will automatically receive notifications when an updated edition is available for Free downloading from the site.

So feel free to print it out, and keep it handy for review and inspiration. Make notes of any important information or insights in the margins. If you place these pages in a good 3-ring binder, you can easily add print-outs of the e-Course lessons as they arrive, making it a valuable and expanding reference resource!

To your Seductive Success!

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