

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Dealing with Mr.Charisma**

**By Peter Murphy**

**Dealing with Mr.Charisma by Peter Murphy**

Do you ever find yourself in situations where you feel overwhelmed by the person who is speaking to you. It is as if their charisma and enthusiasm takes over and you just cannot seem to think for yourself. For a moment you are lost in a blur of their words.

The worst part is the fact that you cannot seem to regain composure or even assert your own opinion. What is the solution?

How to assert yourself in the face of a wave of charisma:

**1 Break Rapport**

What? Yes, break rapport but do so gently by adjusting your posture and by changing your rate of breathing. Mr.Charisma has you locked into deep rapport with his every word and every movement.

Until you regain your own pace, your own natural breathing rhythm and your own posture you will be subject to his lead.

Notice how you feel in your body, put some of your attention back onto yourself. Only then will you be able to think for yourself and to form your own opinions.

**2 Filter The Words**

Once you have regained a sense of how you feel and think in the present moment it is time to filter the words that Mr.Charisma

speaks so eloquently. A filter will help you to maintain this sense of self and the ability to think for yourself.

A visual filter is easiest for some people. Imagine a wall in the air between you and him, a wall that filters the words so that you only hear the words without feeling drawn into his world.

Other people prefer a auditory filter. Imagine that your ears can be tuned in like a radio. You only hear the words not the way the words are manipulated to effect your emotions.

Choose a filter that appeals to you and use it to help you think

independently so that you can evaluate what you are listening to. Why does this work? By using your imagination in this way, you are using the power of your right brain to help you get what you want.

### 3 Take Back Time

Take time out from the onslaught. Either ask directly for time to consider what is being said or occasionally repeat back what he is saying in your own words. By paraphrasing his words you will regain control of the flow of the conversation. You will also be showing that you are listening and understanding what is being discussed.

It is simple at this point to take charge by asking questions. Whoever is asking the questions is generally in charge of the conversation so use this skill to assert your authority. Then use this time to decide what \*you\* think.

Mr.Charisma can easily take charge unless you understand how to regain composure. Break rapport, filter his words and take time to formulate your own opinions.

Peter Murphy is a freelance business writer. He publishes a freeweekly ezine full of practical tips for communicating at yourbest under pressure. All new subscribers receive a free e–bookwith powerful strategies for being at your best. To subscribesend a blank email to:

## **How To Develop Your Charisma**

**By Ron Philipps**

## Dealing with Mr.Charisma

It's amazing how people simply have great social skills. It's quite envying to see people who could charm others quite easily and benefit from it. Charisma is a trait that many people desire to have. Many people think that charisma is a hereditary trait that only a few blessed ones can possess at birth. While charisma may not occur as quickly as it may be in some people, it can be developed and enhanced.

Charisma has been used quite frequently in recent years. However, not a lot of people know what it really means. Simply charm is not a complete definition, as charisma involves more than just having a pleasing personality. Charisma is the skill of being able to win people over and connecting to them intellectually, physically, and emotionally. At some point, it can be a form manipulation; but in a more normative situation, it can simply involve reaching others effectively.

How do you develop charisma?

Even if you do not seem to have been born with the knack to influence people, you can still develop your charisma. To do this, you must conquer three aspects in human relations - the physical, emotional, and intellectual aspects.

The physical aspect of charisma involves the things that can be seen in a person. For some people, this is inborn. Being tall and having a large built can impose authority upon people, and project charisma. While not all people are gifted with an imposing physique, it is still quite possible to present yourself confidently in a physical manner. This is where impression comes in. The powers of the first impression have been stressed in several conversations and publications simply because presenting yourself is a key factor in commanding an influential presence. Who would be engaged with a sloppily dressed monster? Perhaps nobody, but other monster themselves. To conquer the physical aspect of charisma, you should be able to dress decently and strongly. Flashy clothes may not work for some, but clean cut and elegant apparel is enough. This, with the best accessory - a nice smile - can be quite impressive and will help develop your charisma.

The emotional dimension of charisma involves empathy and compassion. This could be done by training in relational skills. This could also be achieved by practicing good public speaking with persuasion and conviction. You should be a good listener and know how to focus on others. This would make others feel in harmony with you.

To capture people intellectually, you should act with knowledge and wisdom. People like believing in people who are knowledgeable or at least appear to be knowledgeable. Reading pays well. It is useful to be informed in various fields of interests, as this engages people well. This also gives you a sense of credibility. You can also take classes and advanced studies. An ultimate way of showing intellect is by teaching or training others.

Charisma is a very useful trait that can be a great advantage for you. Charisma may not be acquired overnight, but it certainly can be learned in time. Just remember that charisma encompasses the physical, emotional, and intellectual realm, so that you may be able to reach people in and of different levels.

Each one of us already possesses that magnetic appeal other people feel attracted to. Find out more

at the authors website at:



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**