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How to Attract, Seduce and Keep Your Man

By Caterina Christakos

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There are three stages in any relationship:

- 1) Attraction
- 2) Seduction
- 3) Maintain or Abandon Ship

The attraction stage involves flirting and projecting an attractive image. We play with our hair bit more, use our eyes to attract his attention or appear mysterious and draw his attention to our legs by crossing and uncrossing them. We also take as much care as possible to appear at our best. This is the easy part.

The next stage is when we decide to take things to the next level, usually sexually. We bring out our sexiest lingerie and scent ourselves with the most seductive perfumes and body oils imaginable. From there it doesn't take much hinting to let him know that if he doesn't take you to bed soon, you may direct all that pent up passion in someone else's direction.

3) Finally there is the maintenance or abandon ship stage. This is the area where most of us get into trouble.

Here are the errors in judgment that most of us make:

- 1) We don't take as much care with our appearance. Think back on the beginning of your relationship. How many times did you wear sweatpants in front of him then?

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Are you taking the same amount of time applying your makeup as you did back then? When was the last time you brushed your teeth or had a breath mint before you kissed him?

2) We slack on our exercise routine. When we are trying to attract the love of our lives, we exercise, eat more salads and generally are so infatuated that we forget to eat.

At the last stage of a relationship, our gym membership cards seem to get lost and in its place we find Ben and Jerry's and chocolate cake.

3) We forget to keep the mystery in our relationships.

Did you actually use the toilet in front of him when you were first dating? Of course not! Don't let yourself get so comfortable that you forget that bodily functions are not the high point of romance.

4) We criticize instead of admiring his best points. In the beginning he was wonderful and I am sure

that you told him so. When was the last time you paid him a compliment lately?

Finding a man and seducing him is the easy part, despite our occasional slumps. It is the work that you put in to keeping the seduction, flirtation, mystery and romance that will keep him on board or send him scurrying to abandon ship.

Caterina Christakos is a published author and freelance writer. For more dating tips go to:

Man Shortage, Again?

By Regena English

In the last two weeks I've read articles crying the age old desperate woman battle cry, "there are no marriageable men". This has to be the most ridiculous assumption women has ever bought lock, stock, and barrel.

There's no shortage of men, just ask those women who are happy single. The more desperate and needy a woman is the more she'll act as a repellent to what she thinks she want, a marriage seeking man. I've read how education could be a barrier for men interested in matrimony (undereducation of either the man or woman limits potential mates), somewhere I've seen birth rates of male children as another possible reason. Not once had anyone ask the question to all these women who claim there's a shortage of men could they be the obstacle to marriage and not the male population?

"It's funny how women who are happily single have no shortage of men in their lives and marriage desperate women complain of a man shortage." Joie

Somewhere in all this disparity over finding husbands women continue to fight illusions (negative illusions might I add) over being single, especially if they're past the age of 35. "I can't be happy

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without a man." They could learn a thing or two from their peers who are secure in themselves and have a healthy attitude in regards to being single. These secure women recognizes how marriage could add new dimensions to their lives but they don't rely on it as a "be all end all" for happiness. It's these women who are quick to tell others there are no shortages of men wanting marriage, no just a shortage of women willing to allow themselves happiness not based on marital status.

"I personally don't buy the eligible man shortage baloney. Being unhappy and desperate for love is a barrier to marriage not some man shortage." Denise

"The man shortage is created by women by being unhappy as they currently are. Women need to understand they must be happy to attract happy. What man want the burden of spending their lives trying to make some unhappy woman happy, he would have to be crazy to sign up for that job." Leiza

The above quotes are from women asked if there was a man shortage.

Regena English, the editor of The Leather Spinsters Newsletter for happily unmarried careerwomen and ActiveWear for Single Women Clothing.

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