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The Art of Seduction

By Sharon Jacobsen

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by: **Sharon Jacobsen**

Seduction is a question of subtle strategy with one ultimate goal – to have sex with someone.

The desire for sex is powerful; for some it can be as powerful as the need to eat and breath. Seduction is the road we take to achieve sexual satisfaction.

While the ultimate goal is to have sex, there are lots of smaller goals that need to be reached along the road to the sexual surrender of our chosen partner.

For some, the thrill of seduction lies in the chase rather than the conquest. The excitement of wanting and pursuing someone can give a sense of satisfaction in itself. For others, the electric thrill comes from knowing that another person's sexual attentions are focused on them. Those who thoroughly enjoy the chase are generally people with plenty of self-confidence and their confidence increases the likelihood of success.

Those who are less confident usually find seduction far more difficult. How can you convince a member of the opposite sex to fancy you if you see yourself as being unattractive?

It's important that you choose the right person to seduce. This is more a matter of instinct than anything else but most of us endeavour to make conversation, or at least some eye contact, with a potential partner who we consider to be our equal on the scale of physical appeal.

Once you've sought out your 'prey' you need to decide whether the time and/or situation is right for seduction. If the object of your passion is somebody you see on a regular basis, the time/place being wrong may very well add to the thrill. If you're getting the right feedback, the knowledge that the other person is interested but that you can't do anything about it just yet can increase the feelings of arousal and excitement.

The Art of Seduction

But how do you know that he's interested? The best clues come from reading body language. Non-verbal signals are far better indicators of how a person feels about you than anything they may actually say verbally. Those with an open posture are usually more available than those who stand with their arms crossed. The eyes are the biggest give-away when it comes to seduction. If he returns your gaze, and especially if he holds eye contact with you longer than is usually acceptable, then the chances are you're on to a winner. Trust your instincts. You'll 'feel' whether he's interested or not. Small gestures and tone of voice tell us a lot about how the other person feels about us.

Flirt. Did I really need to mention that? Flirting is used in two ways. We flirt with others to remind our partner that we still need to be wooed by him, but when used for seduction, it's a means of keeping the other person interested and aroused as well as letting them know that they are unlikely to be rejected. Men, who are generally the pursuers, are highly dependent on women's signals to reassure them that they are 'onto something'. Playing hard-to-get isn't particularly attractive to men unless you're sending out enough signals to assure him that it really is just a game and that you are indeed 'gettable'. Let him

know that the chase will most likely be worth it in the end.

Once you've made contact with him, you'll need to let him know where the encounter is likely to be heading. People have very different ideas of what sex should be so it's important that you both know that you're looking for the same things. This doesn't mean that you should just blurt out "I'm a dominatrix, how d'ya fancy being whipped?" or anything else quite as obvious. You can if you really must, and you never know, it might just work, but in general the subtle approach is more likely to get you what you want. Men generally take the lead in this area, asking questions and trying to access whether you'd make a satisfactory sex partner. Follow his lead. The questions probably won't be direct (depending upon the man), but they will be based around 'self-disclosure'. He tells you some, you tell him some. People typically discuss sex in a light-hearted, abstract manner when accessing a potential partner, testing each other in a non-committal way.

Now that you're speaking you'll need to sustain his interest. Two people who've found each other through physical attraction may not have the right chemistry to move along the road of seduction once mouths have been opened. Look for signs of acceptance or rejection. If you pick up on any signs of rejection, don't waste your time on something that is very unlikely to happen, no matter how much you fancy him. There are plenty more available males about just waiting to be seduced.

If you're still doing fine and the signals are good, it's time to move onto the final yielding. One of you must surrender. In all probability it will be you, because even if you initialised the seduction, he will probably have taken over the role of pursuer somewhere along the line. The roles of 'hunter' and 'prey' have been decided through thousands of years of evolution, and usually fall naturally into place. Surrender and enjoy!

Sharon grew up in East London but moved to Norway at the age of 19, returning to England in 1998. She now lives in Cheshire with her partner and two of her three children. Besides writing, she is currently studying Social Science with The Open University, runs a web site where women in the UK can meet other women for platonic friendship (

), potters in her garden, knits

and reads everything she comes over.

How to Attract, Seduce and Keep Your Man

By Caterina Christakos

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?

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.

The Art of Seduction

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:

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