

**“13 + 1” Characteristics That
Naturally Attract Men**

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Introduction

Many years ago, I used to think attracting men depended solely on your looks. I thought there was nothing a woman could do about it: either you had it or you didn't. I remember how I admiringly gazed at tall, blond attractive women and said to myself, “Wow, isn't she lucky?” The perception dominated my mind for a long time, and as a result, I did nothing whatsoever to improve my chances with men. I thought I should date within my “league” and accept the fact that the nice guy who sells hot dogs at the train station was my best bet.

It was not until I met Julie, an average-looking girl working at the same company as me, that I changed my perception. Julie was the quintessential example of a lucky girl who snapped up the hot boss. Her huge success gave me hope, but also a conviction that there is more than just looks when it comes to attraction.

After studying common patterns among women who are naturally successful with men for a few years now, I have discovered “13 + 1” characteristics that naturally attract men. I call it “13 + 1” because there's one essential characteristic. Without it, the 13 other attractive characteristics won't matter at all.

This one thing is a **woman's sex appeal**.

When a guy says, “I want a woman who knows what she wants,” what he really means is, “I want a sexy woman who also knows what she wants.” Or, when a guy says, “I want a woman who is ambitious and has goals in life,” what he really means is, “I want a sexy woman who is also ambitious and goal-oriented.” Do you see how it works now? A woman's sex appeal is the most essential thing when it comes to attracting men. Without that sex appeal, a woman can have 100 attractive characteristics and will only be considered a “buddy” or a platonic friend by a guy.

Sex Appeal and Beauty are Two Different Things

Some women make the mistake of thinking that you have to be beautiful to have sex appeal. They tell themselves, “If I'm not born with a pretty face, I will never be sexy.” This can't be further from the truth. For example, Pamela Harriman , a highly controversial woman, was a plain looking woman and dated some of the most handsome and richest men in the 20th century. When Georgette Mosbacher asked her husband what he thought about Pamela, his answer was, “She is sexy!”

Let's go deeper and see what sex appeal really is. Sex appeal, in essence, is a woman's ability to arouse a man sexually. The challenge of a woman's sex appeal is that it has to be indirect, non-verbal, and subtle at the beginning of a relationship. I know it's very unfair, but society and men have double standards when it comes to women's sexuality. There's nothing we can do to change other people's opinions. We can only learn what works and adjust our behaviors based on that. Your sex appeal can be communicated three ways:

- **Big smile:**

Being approachable is soooooo important! If you can go inside a guy's mind, you'll discover that, no matter how tough or confident he looks, a guy is normally scared to death when approaching a woman. A big smile will give him enough encouragement to come over and say hi.

- **Body Language:**

Fluidity and elegance are what you want to shoot for. I think the best way to learn this is to watch famous burlesque dancers, such as Dita Von Tease or Michelle L'amour. They both have a style that's sexy and elegant.

- **Voice:**

No matter what others tell you. A person's

voice can be dramatically improved with the right techniques. Many women go for the Marilyn Monroe breathy voice. It's indeed sexy, but making that kind of breathy voice puts a lot of strain on your vocal cords and is harmful for your voice long term. I recommend purchasing some voice programs. Roger Lover is one of the best when it comes to developing a magnificent voice. Get one of his programs. It will benefit both your personal and your professional life.

The Other 13 Essential Characteristics That Make You Irresistible

Once a woman has sex appeal, the addition of the following characteristics will make her irresistible.

To explain these characteristics, here are some quotes taken directly from guys. I'll explain in detail what these quotes reflect about what a guy really desires in a woman ...

- **“I want a woman who has her sh*t together!”**

When you listen to a bunch of guys talking about women over beer, this is one of the most common things you'll hear. What does a guy mean when he says this? What are the things he wants his woman to have “together?”

The simple translation of a woman who has her “sh*t together” is a woman who has self-reliance. I'm sure you have an idea of what this means. A woman who's self-reliant is a woman who's able to meet her various needs in life independently. It means, if one of her needs is to have 10 pairs of new shoes a month, she'll have the financial resources to buy them. If one of her needs is to feel happy and fulfilled, she'll have a social network in place. And, most importantly, she's able to be happy just by herself. She doesn't need a friend or a man to make her feel good. She's financially and psychologically self-sufficient.

- **“I want a woman who knows what she wants!”**

She has specific goals in life and is persistent about going after them without being pushy and harming others in the process. She is not

afraid to let others know what she wants. For example, when a woman doesn't like the fact that her guy always shows up a few minutes late, she will calmly let him know and suggest changing the time of their meetings 10 minutes later to give him enough time.

Another example, when a man is not ready to be committed to her, she doesn't get upset. She simply agrees with him and comes back to the topic tactfully later. If the guy you are seeing doesn't like to talk about commitment or moving the relationship forward, don't force the topic, get upset, or whine about it in the moment. Instead, let him know you understand how he feels about it. Then, do things indirectly that will get him in “commitment mode.” You aren't trying to be tricky or manipulative. You are not kidnapping a man and dragging him to the altar, and you're not forcing a man to commit to or marry you. You are only doing whatever works to get what you want.

- **“I want a woman who loves herself more than she loves me!”**

I was a bit surprised when I first read it in the bestselling book *Why Men Marry Some Women and Not Others*. As the title suggests, the author, John Molloy, conducted detailed

scientific research that showed why men chose to marry some women, but not others. “A woman who loves herself more than she loves me” was one of the things John Molloy discovered about the kind of women that men marry. When I thought more about it, it started to make sense. A woman who loves herself wants to improve herself constantly. What guy won't want a woman who only becomes better and more desirable as time goes on?

- **“I want a passionate woman”**

A passionate woman is exciting, fun, and most importantly very, very RESPONSIVE. When a guy uses the phrase “passionate woman,” he's thinking about it in contrast to the sexually and emotionally cold woman. It's every guy's worst nightmare to have a woman who gives him a blank face after he tells her a joke or a woman who is completely silent and “frozen” in bed. As a guy once said, “I would pick an average looking, but passionate woman who's eager in bed anytime over a cold, beautiful woman.”

- **“A confident woman is sexy!”**

Have I ever told you the story of my friend who, whenever a guy says, “You are beautiful,” always answers, “I know.” Guys

love it when a woman has confidence in herself and knows that she's a catch. A woman mostly shows her confidence through her body language. A guy can quickly gauge a woman's confidence by the way she walks, the way she stands, and the way she looks at people (direct eye contact). If you currently are unsatisfied with your body posture or how you walk, I recommend watching Naomi Campbell (learn her walk, not her attitude), Heidi Klum, or Gisele Bunchen. They all have a confident, sexy walk. Spend five to ten minutes everyday walking around your living room, mimicking them. Play some hot music in the background and have some fun!

- **“I want a woman who makes me a better person!”**

What a guy really means is that he wants a woman who has backbone and won't put up with any of his BS. If you ever want a guy to take you seriously and think about having a future with you, you have to stand up for yourself when he's pushing it. Really hot guys like to test a woman and see how far she's willing to go to please him. They like to make unreasonable requests or behave in a bad way, such as showing up late without any apology or just being rude.

I personally think complaining or telling him to change is not the best way to deal with it. There's something more powerful and more effective: silence. Just ignore him for a few days. When you don't return a guy's phone calls, all kinds of terrible things go through his mind: he might wonder if you're losing interest or running around and having a great time with some other guy. A guy just can't stand the thought of being ignored! Putting up with a guy's bad behavior or forgiving him without any punishment is a bad, bad idea! If you do that, you're setting yourself up for a lot of trouble later on. And he won't appreciate you a single bit for it.

- **“I want a woman who takes good care of herself”**

Of course, it is great if a woman is able to take care of herself physically, emotionally, and spiritually. But when a guy says he wants a woman “who takes care of herself,” he often means a woman who does everything within her power to take care of her body. A guy sees how a woman looks as a reflection of himself (That's why a lot of guys date models). A guy will be okay with you not having the face of Audrey Hepburn, but no guy will ever be okay with you allowing your body to get out of shape and not doing

anything about it.

I'll tell you the story of my friend Michelle. She was dating an extremely successful man who owned a couple of insurance companies. He genuinely loved her. They lived together for two years, during which time he paid for the rent, plus all of her expenses. Feeling like she had finally found the one and the kind of lifestyle she desired, Michelle stopped caring about how she looked. After she told me that her boyfriend hadn't had sex with her for a few months, I warned her and told her to be careful with her appearance. Unfortunately, Michelle believed that he would never leave her. A few months after that, she called me crying and told me that he had just broken up with her. His reason: "I can't live and spend the rest of my life with a woman who doesn't care about herself. I can't make love to a woman whose body I detest."

- **Emotional control:**

Here's a story about emotional control that is unrelated to dating, but it illustrates an important lesson. There used to be a little, angry boy who yelled at his parents all the time. One day, his father said, "James, how about we do this? Every time when you yell at someone, just put a nail in the fence." The

boy agreed. After one day, the fence was filled with nails. James was embarrassed to see so many nails in the fence. He went to his dad and asked him what he should do about it. His father said, "If you could restrain your anger for a whole day, you could take out one nail you've put in." James agreed. It took the boy one month and a half to take all the nails out. By the time it was finished, James had learned how to control his anger.

Dating can be a very emotional experience that comes with a lot of ups and downs. A woman who knows how to manage her emotions and refuses to allow any negative feeling to take a hold of her is extremely attractive. It's a rare thing, and a man knows it!

- **“I like a woman who has a sense of humor and loves to laugh”**

This one is huge! If you can make a guy laugh, it'll help the relationship tremendously. Teasing a man is, in my opinion, the best way to show him you have a sense of humor and don't take yourself too seriously. Teasing is also a great way to bond with a man. If you observe carefully how men interact with one another, you'll notice that guys pick on each other in a funny and friendly way. If you can

mimic that, a guy will feel very relaxed around you.

- **“An intelligent woman is soooooo sexy”**
Interestingly, when it comes to intelligence, a woman who is able to talk about any topic and provide some interesting opinions is considered more intelligent than a woman who, let's say, has a PhD in Nuclear Physics.
- **“I want someone who's honest”**
Telling a guy that you prefer not to talk about something is totally fine. If he asks you about past relationships that you don't want to go into, just say, “I'll tell you later” or, “I would prefer not to discuss it.” A guy will respect your refusal of answering a question much, much, much more than a lie that he catches later. I know a guy who broke up with his girlfriend for a little white lie. He told me, “If she tells me a little lie now, how can I be sure that she won't lie about other things and even cheat on me one day?”
- **Sense of adventure:**
Courageous and fearless, an adventurous woman always wants to try the next fun thing. Danger doesn't tame her; it only excites her. Adventurer appeals to a man's desire for an active partner who has similar interests and is

fun to be around. A sense of adventure is definitely NOT something you're born with. I used to be a timid girl when I was in high school. That all changed when I took a skiing trip to Vail. After that, I tried surfing, skydiving, scuba diving, motorcycling, and many other fun activities. Try something new and fun, you'll be surprised by your adventurous spirit!

- **Curiosity:**

A woman who wants to improve herself is curious about many things. She wants to learn about how things work, ask questions, and take initiative to find more information. A man loves it when a woman asks about things that he's skilled at. That's a great way to show him that (1) you have a curious mind and want to learn something new (2) you are interested in him and want to learn about his life. The next time he talks about his job or things he does, ask him to recommend a book on the topic you can read. Then, you can discuss what you've learned the next time you see him. He'll be very impressed!

Unattractive Characteristics

After talking about the characteristics that make a woman attractive, I have to add a few words on the characteristics that make a woman unattractive and kill the attraction for a man.

- **Needy or Insecure:**

Being needy means that a woman demands constant attention from a guy. If he doesn't call every day or tell her how much he likes her all the time, she feels insecure. Both of these characteristics are not attractive in dating. Attractive guys use little clues to test how secure a woman is early on. For example, a guy may purposely take a few days to call you or return your phone calls, just to see if you can handle it. If you call him after one day to find out why he hasn't called yet, he'll think you are insecure.

- **Highly sensitive:**

This means that when a guy picks on a woman, she gets offended or upset. It also means that she takes things very personally. For example, when a guy says that he just “wants to be friends,” she takes it as a personal insult. Or, when a guy looks at another hot woman for a few seconds, she gives him hell!

- **Man-haters:**

A guy told me once that one of the biggest turn-offs for a first date was when a woman kept talking about how much her ex-boyfriends had mistreated her. A man loves a woman who likes men in general, who allows men to make mistakes, and who sees things in a positive light. Never talk bad about your ex-boyfriends or past relationships. Be positive!

- **Emotional baggage:**

I have got to be honest with you. I have had some pretty bad experiences with men, and I used to keep the emotional baggage with me all the time. As a result, I always assumed that the next guy would be just as bad as the last one. It was not until I heard the following unrelated story that I changed the way I thought and let the emotional baggage go:

There were two monks: One of them was in his 70s; the other was in his 20s. They were traveling together. Suddenly, they saw a woman who was standing on the bank, trying to figure out how to cross the stream.

Apparently, she was intimidated by the fast-moving water. The old monk in his 70s offered to carry her across the stream. The woman agreed. The young monk was

shocked, wondering how a monk in his 70s could do such an embarrassing thing. He wanted to ask the old monk, but couldn't gather the courage to do so. The young monk kept thinking about it, and two days later, he finally brought up the topic and questioned the old monk. The old monk smiled and said, "I only carried that woman for two minutes; you carried her in your mind for two days."

I know that monks and dating are topics that are very far from each other, but the lesson from the story is that a person can either choose to carry emotional baggage for a long time after the fact or simply drop it when the act is done. When a relationship ends between two people, it's a good idea to do what the old monk did: Just let it go and don't allow it to weigh on your mind.

- **Bad hygiene:**

Some guys think the only place for a woman's hair is on her head. Also, a woman should smell fresh and clean all the time. No bad smell, dirty nails, or unshaved hair. If you can take things to the next level and make yourself smell like a flower, that's even better!

- **A sense of entitlement:**

A guy once told me, "I hate it when a woman acts like she deserves all the nice things in the world." The fact is when a woman is beautiful and men keep telling her that, she eventually starts to feel that she deserves the best. There's nothing wrong having high standards, but the problem is when a woman DEMANDS that she is treated in the best way all the time. A man is happy to do nice things for a woman when he likes her, but he'll be upset if a woman doesn't appreciate the kind gestures and thinks that he's supposed to do those nice things all the time.

Take some time and think about what we just talked about. I am a firm believer in self-improvement by acquiring new skills. No woman is born perfect, but she can make herself extremely desirable by working on characteristics that naturally attract men. It all comes down to spending time and effort on understanding how attraction works and applying what you have learned over and over again until you master the new skills. There's no mystery about attraction! It's simply hard work ...

If you have any comments or suggestions on what you've just read, please email me at alexfox@unforgettablewoman.net