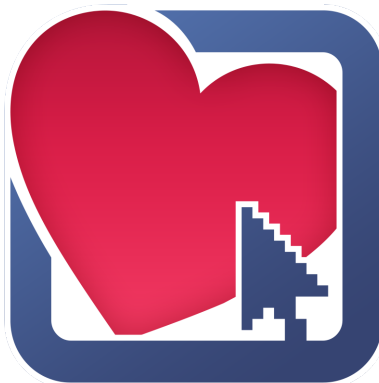


Capture His Heart: And Make Him Love You Forever 2.0

Part Four, Module 4 Never Quit Letting Him Woo and Win You

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Never Quit Letting Him Woo and Win You

Well, gorgeous, you have been incredible. You've really put the time and energy into this, and you get to walk away a huge winner.

And the story isn't over, not by a long shot. The principles and tactics you've already learned will serve you well way past dating and into commitment, marriage, and happily ever after.

Sure, there will be bumps – a few fender-benders as well as a nasty little wreck or two – but the simple fact is that you're strong and you'll get through it all. You're an incredibly resourceful person, and you know how to find the help you need.

With that said, I have just a few little pointers before we part ways for a while, and I hope you'll enjoy them. I worked really hard (not really) to make sure the last word was about sex. . . :) You know I gotta do another program on that, don'tcha?

And finally, be sure to download the Great Big Final Quiz Worksheet for this section.

Remember when you took the Capture His Heart Quiz back at the very beginning of the program?

Well, back then I promised you that if you went through the whole program and really did the work, you'd see some AWESOME changes happening in your life. And I said I would show you where you can look in the program for help in specific areas.

So when you download that last Quiz Worksheet, you'll get all that information in one spot.

Seriously, keep the fires burning. You rock. It's gonna go crazy-good for you!

Keep the romantic tension in your relationship

Never forget the Ballroom Dance (or Rubber Band) Principle. If you sense that you've overstepped and gotten waaaaay too in his space, back it up a few steps. Don't be constantly at his side, in his inbox, on his cell.

You both need room to breathe, and he needs time to MISS you, want you, and do dirty things to you. . . See where I'm going with this? Plan a girl's night out, focus on your workouts, your hobby, your career. Keep on giving him the smokin' hot thousand-watt smile, the flirty, knowing looks, the sexy little messages. . . But let him WIN the PRIZE.

Work it, girl!

Get both your hearts racing (regularly)

Yes, you already know about date nights, but the truth is, when you do slightly crazy, a little bit risky, wonderfully fun things together, you exponentially increase your relationship bond.

When adrenaline is released into your body, you get many of the same feelings you do when you fall in love. Your heart pounds, your stomach flutters, and you wonder if you're crazy or just ridiculously, intensely happy. (The answer is "Yes!")

Consider a regular infusion of pulse-racing adventures together. . . White water rafting, dirt biking, rock climbing, snowmobiling, windsurfing, hang gliding, and caving all qualify, and there are plenty more where those came from.

If your man isn't up for actually trying a heart-racing activity, you can watch one together, live and in person, or even in an iMAX theater. Try a spooky movie, a day at the races, or the running of the bulls.

When the excitement's over, both of you will be amped for each other!

Don't ignore problems

It's so easy to sweep problems under the rug rather than deal with them. After all, dealing with them often means a sticky, messy pile of work.

Of course, if you don't deal with them, you may end up with a pretty lumpy rug, and at some point you can't walk across your floor because of the mess.

Make a list of the top five trouble spots that have sideswiped your relationships before and decide how you could avoid or repair the damage if only you'd known then what you know now. Put those old mistakes to work on your behalf.

And be honest. If you have some personal issues that need fixing, get 'em fixed. You're in it for the long haul, and it's worth the investment.

Keep it SEX-AAAY

Practice being a little (or a lot) naughty. Break some of the rules you always had about sex, like no sex outdoors, or before brushing teeth in the morning, or when you're at the in-laws' house. Try new things like sex toys or doing a striptease for him, and initiate sex regularly. Read up, stay informed, and lay your wicked-sexy plans, darlin'. Because there's nothing more arousing than a woman who wants to have smokin' hot sex with her man.

Most of all, don't forget to take your own pleasure. Learn—if you haven't already—how you love to be touched, stroked, licked, and pleasured, and tell (and show) him *exactly* how to do it all. Lay back and guide him through a mind-blowing session of oral sex, or ask him to drench you in oil so that everything slides like magic. . .

There's plenty of help to be had out there. Make it your personal mission to keep it red-hot and unforgettable and you'll both be very, very happy.

Here's to YOU, beautiful! Enjoy all the great things you've won. You deserve every one!