

# **Capture His Heart: And Make Him Love You Forever 2.0**

## **Part One, Module 2: Why Men LOVE to Chase Women**

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# Why Men LOVE to Chase Women

Ever seen the photos of those guys in the midst of one of those crazy, mud-drenched, barbed-wire-strewn warrior runs?

Every man there is happy.

You see them checking out a 12-foot concrete wall, a quarter-mile of steep, muddy mountainside, or a narrow passage criss-crossed with live electrical wires with a feverish gleam in their eyes. The challenge sucks them right up like a tractor beam, and they *want* it to.

Some women look at it and think, “This is insane.”

Most men look at it and think, “This is *perfect*.”

## Blood, sweat, beer... and babes!

It really is about blood, sweat, and beers, girlfriend.

Men were born for adventure. And “blood, sweat, and beers” comes pretty close to capturing the whole picture, but it’s missing one very important, very arousing ingredient...

**Because you are the reward he hopes to win at the end.**

That’s right. If there’s one thing men crave more than the thrill of the hunt, it’s the delicious taste of a woman’s delights at the end of it.

Dangerous heights, frozen rivers, and fire walks, all followed by a shot of whiskey and the admiring gaze of a lovely female, whom he views as yet another exciting, potentially dangerous challenge. That’s the ultimate fantasy of a man’s soul.

Now don’t be misled...

I’m painting it in a mountain-man kind of way, but don’t let that trip you up, because this same secret fantasy plays out in so many ways.

I live with four guys. (This isn't about me, but my secret fantasy is to have a bathroom of my own, no men allowed, ha! And you know what? It would be clean and it would smell great. I keep dreaming.)

None of the guys I live with – my husband or my three sons – are what you might call “manly-men.” Every last one of them is tall, skinny, and undeniably nerdy and smart. They are all great at math (What is up with that? I suck at math.), and they are all musicians. Not a single one of them is a go-out-and-shoot-a-bear-and-triumphantly-throw-the-bloody-carcass-on-the-sideboard kind of guy.

And yet if I take them with me to the Farmer's Market (Gah, how mom-ly – but at least I don't drive a minivan. Anymore.), hand them each \$10, and tell them to find and acquire the things on my list, you would think I'd turned them loose in the jungle and begged them to slay a monster for me. They are all over it.

## **The reality doesn't matter because the fantasy lives on**

Whether or not a guy **actually** wants to walk across hot coals in real life, he dreams of the challenge and yearns to be the hunter, warrior, explorer, survivor.

But how many guys actually live like those dudes on the hunting and fishing shows? Or the lawyer, private detective, fast-car-lots-of-explosions shows? How many are actually facing imminent danger, forced to scale concrete walls, or called to battle bad guys on a daily basis?

Right.

Most men are living in Manhattan or some suburb in South Carolina (Anyville, really) and they spend their days working for a living, searching for the remote, and thinking about all the women they aren't having sex with.

And yet they are hard-wired for that caveman, arctic explorer, alligator-wrestling, superhero kind of life. No wonder they groan when they have to drive a minivan.

## Know what drives a man, and you get all the cake

Listen. I'm not a sultry 17-year-old. But if I'm doing reps in the free-weight pit and appear to be struggling to get the barbell to a full extension, I can absolutely count on the fact that there are any number of men who will swiftly come to my assistance. Age and station is irrelevant, because men are dying, absolutely dying to be strong and useful, and win the spoken or unspoken praise and thanks of a woman. Any woman.

And yes, they will look at you and imagine you naked, regardless of wedding rings (yours or theirs). It's just how they're made.

Don't worry about that last part! I'll tell you more about it soon, and you'll see how it can be made to work to your advantage.

The main thing is to know what drives a man. Because once you know the real truth (and not the prettified version) about what drives a man, the rest is cake.

A man's soul craves an adventure and hopes to win a woman (or lots of women). And there are plenty of challenges in our modern world that will fit the bill.

## Summed up: Why men chase women...

Did you skip to this? You're so sneaky. Okay, let me sum it up for you...

**Men are (or secretly want to be) warriors, hunters, explorers, and survivors. And their reward for being successful, the secret of their completion, the motivation for all that male energy... is a woman.**

You can say "men love to chase women," and that's absolutely true. But it's more than that.

Men love to chase, period. And they long to explore. They want to overcome. They're driven to accomplish.

And in the end, they do it for the succinct, delectable rewards of a woman.

## Keeping the chase alive, every day

So if guys love to chase women, should you ever let them actually catch you? How do you gauge the right moment to let him wrap you in his arms and howl his victory to the world? And then should you stay “caught” or should you wriggle away, cast a sexy smile over your shoulder, and let him chase you again?

This is one of the biggest secrets of successful LONG-TERM relationships, and so many women haven't figured it out! Do you know how to keep a man happily focused on you, and you ONLY, for as long as YOU choose?

And believe me, the woman is the one with the power here, and I can prove it.

I grew up around border collies, which, if you're unfamiliar with the breed, are amazingly smart working dogs. They love to have a job to do or a task to accomplish, and they love to stretch their legs in a fabulous, all-out chase.

One of the border collies I grew up with was a Frisbee fanatic. She lived for the moments when we took her out to a great, grassy field and threw the Frisbee for her. She would tear off the instant the flying disc left your hand – her sleek, muscular form stretched to its full length as she raced and leapt to snatch it out of the air.

She would run back triumphantly and drop the Frisbee at your feet, eager for the next throw. If you waited too long to throw it again she would bark, tossing her head and bouncing in place, urging you on for more throws.

Now I realize that story is about a dog, not a man. But you see my point: if a man loves to chase, it's a woman who has the power to fulfill his greatest desire. That's you!

But there's another lesson in there, too.

### **What if I'd only ever thrown the Frisbee for my collie once?**

What if I sailed the Frisbee out, and when she proudly brought it back, I patted her on the head and told her how wonderful she was, then took her back to the house? That would be one disappointed canine. I can't imagine anyone who would actually make a mistake like this with a dog like her.

And yet women make this mistake with men ALL THE TIME.

**If a woman is the prize, and a man only gets to catch her once (and if that once is too easy), he'll go looking for something or someone else to chase.**

So you have to keep the chase going. Here's one more way to think about it...

## What's *Dirty Dancing* got to do with it?

The truth is that there are really two kinds of chasing going on. The first is about capturing his interest the very first time; letting him see you as the prize he's been longing for all his life.

The second kind of chasing is a closer, more intimate sort of thing. It's for when you've already been "caught" the first time, and now you're ready to keep the chase alive every single day, in many of your regular interactions with a man.

A successful relationship with a man is one that lets him chase and catch, chase and catch, chase and catch. . .

**You can think of it like a really sexy Latin dance, or a scene straight out of *Dirty Dancing* or *Strictly Ballroom*.**

Because that's exactly how those dance moves work. . . No matter how many times you let a man swing you around and into his arms, you must keep spinning back out again, holding on but keeping that space between you, and moving those hips in that smoking-hot, come-and-get-it-sugar style.

When he steps in so close you can feel his heart pounding, you let him breathe you in, hold you close, and savor his prize for an electrifying moment, then you take a step back, and let him come to you again.

The dance keeps going BECAUSE of that constant erotic tension, that constant give-and-take.

If a woman were simply to permanently plaster herself to the man, it would never work, would it? (Of course, I wouldn't have minded plastering myself to Patrick Swayze for a few minutes. . .)

You hold on, but you also keep the space and tension in there – it's what makes the dance pleasurable, arousing, and also incredibly beautiful. It's an art, and it takes knowing plenty of awesome dance moves and some (really fun!) practice.

And that's what *Capture His Heart* is all about. Teaching you all those fabulous moves so that you can catch his eye and let him win your heart.

Welcome to the dance, baby!