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- 1 Looking for the Best Version of Yourself
- 2 Establish a Deep Sense of Familiarity with Him
- 3 Express Your Authentic Self

4 Making the Most of Your First Date





"Genuine and true love is so rare that when you encounter it in any form, it's a wonderful thing, to be utterly cherished in whatever form it takes."

#### Gwendoline Christie

Have you ever been in love? This question may sound tricky, as different people have different definitions of being in love. But according to scientist and psychologist Todd Kashdan, Ph.D., love does not necessarily mean that you have to give up everything for the one you love. Rather, you have adequate trust to give them access to everything you value in life.

So, all those romantic novels and movies depicting couples giving up everything they have aren't very realistic. Love can manifest in so many forms. Most of the time, it does not include any dramatic withdrawal from your earthly bliss or family betrayals just to be with the one you love.

Finding the "one" is easy. It always happens at the most unexpected time and place. Or you could have been tagging along with your special someone until you realized your feelings for him. So, how do you make him feel your love? How do you get your loved ones' attention?

While it's perfectly normal to let things flow naturally, there are a few scientific methods that you might want to try if you want to capture the attention of your special someone. These methods are proven to help him notice you as you are, and if you follow them properly, you're bound to succeed in making him fall in love with you.

### What are you waiting for? Let's begin!

# Chapter 1 Looking the Best Version of Yourself

"To fall in love with yourself is the first secret to happiness."

Let's start with the basics—improving your appearance. If you want to get the attention of the one you love, you must make an effort to bring out your best features. Your beauty is unique, so embrace it.

Unfortunately, a study found that only 59 percent of women are confident and content with how they look. They are very critical of their appearances, leading to low self-esteem. We live in a society where women's looks are always commented on, criticized, and praised.



Do not fret. You don't have to go under the knife or drain your bank account to be pretty. All you need to do is determine your best features and use them to your advantage. When you are glowing, looking good, and confident in yourself, you will start to attract other people.