

Self Love

A woman with dark hair tied back is lying on a massage table, receiving a massage. Her eyes are closed, and she has a serene expression. The background is softly lit with candles and a vase of flowers, creating a relaxing spa atmosphere. The text is overlaid in the center of the image.

A WOMAN'S GUIDE TO
CAPTURING HIS HEART
AND KEEPING HER
CROWN

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Introduction

"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 the 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 isn'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 during the most unexpected time and place. Or you could have been tagging along with your special someone until you realize your feelings for him. So, how do you make him feel your love? How do you get the attention of your dearest?

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.”*