

Make Him Fall In

Love

With You



Boom Boom Publishing

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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.”*

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

Unfortunately, a study found out 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 to be pretty. All you need to do is to determine your best features and use them to your advantage. When you are glowing, looking good, and confident with yourself, you will start to attract other people.

Here are some ways to look your best version:

5 Methods to Maximize Your Best Features

Follow these scientific methods that will bring out the best in you so that no matter where you are or what you are doing, you are presentable and at your best version:



#01 Whiten your teeth.

If you want to be attractive to other people, clean, white teeth are a must. According to a study from the University of Leeds, people with whiter teeth are more attractive. You can visit your dentist to get your teeth professionally bleached. Or you can also buy some whitening strips which are cheaper yet effective. There are tons of DIYs for whitening teeth that you can try at home. As much as you can, try to avoid drinking coffee and dark-colored juice to prevent stains. If you must, make sure to use a straw to avoid direct contact with your teeth. Brushing your teeth regularly also helps to prevent the buildup of cavities that can lead to stained teeth. Keep your breath fresh always by investing in an antibacterial mouthwash. When you have white teeth, you are more confident to smile, especially if your special someone is around.

#02 *Clear your skin.*

An NIH study reveals that clear, smooth skin is one of the major contributors to an individual's appeal. Having clear skin means you're healthy. You will be more confident if your skin is smooth and glowing. You can visit your dermatologist if you are suffering from acne to help you choose the best treatment and medicine to improve your skin. Drinking water and sleeping early can also do wonders. A good exercise will help to keep your skin firm and smooth. Avoid touching your face. Invest in skincare products that are organic and healthy for your skin.



You must also avoid eating fatty foods if you want to reduce breakouts. Changing your pillowcases and bed sheet every week is also a must. Bacteria and dirt can gather in those sheets, making it harder for you to clear your skin. Each time you step out of the house, don't forget to put on some sunscreen. Since stress can also contribute to acne breakouts, it's best not to overthink whether your special someone will notice you today and just focus on clearing your skin at the moment.





#03 *Do your makeup.*

If you are already a fan of doing your makeup, you will enjoy doing this method. Facial symmetry can help to boost your appeal, as proven by a Stanford study. However, not everyone is born looking like Angelina Jolie or Bella Hadid, whose faces were sculpted into perfection—and that's okay. You are not meant to be perfect but be your best self. Good thing because makeup can help you to even out your features. Maybe your lips are lopsided, or your eyes are not the same size. Do not fret. There is almost nothing good makeup cannot improve. Grab your brushes and tune into YouTube channels that can teach you how to do your makeup. Even if you are still a beginner in holding your brush, with constant practice, you'll be able to improve your appearance with the help of makeup.

#04 *Get plenty of sleep.*

You will never see a self-deprived woman who has glowing skin and an attractive smile. Depriving yourself of enough sleep will sour your mood. Not to mention, it can also cause dark circles under your eyes and unhealthy skin. Try to get some rest whenever necessary. You need to get enough sleep if you want to wake up in a good mood and with glowing skin. If you are having a hard time falling asleep at night, try not to drink caffeine a few hours before bedtime. Visiting our doctor is also highly advisable if you are suffering from insomnia.

