

abcd33. Sex Appeal Formula

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Course 101

Okay, so you now want to learn to have sex appeal. You either think it will help you at work or in your personal life. So what do you do? The right attitude is by far the most important ingredient, but not the only important behaviour you will need to learn. Here are some of the very basics starting with posture as that is likely the first thing that will be noticed by other people. It matters not how much money you have, it matters not what kind of a job you have or indeed if you have a job at all. What matter is if you can put all the following together into one package. That package would be you. There has been lots on the internet since this article in 2008. Check it out.

- Straight posture and bearing, head up, face straight ahead or rotated slightly but, not looking down.
- Good Eye Contact
- Smile at those you meet and if you want to be photogenic then learn the Hollywood smile.
- Act Upbeat even when you are down in the dumps.
- Dress well with a dash of colour and a splash of flair if you dare.
- Memorize a few good opening lines.
- Memorize a few good closing lines to use when parting.
- Listen well with continuous eye contact while listening and while talking.
- Learn to dance.

See the article Five Secret Categories for Sex Appeal.

Straight Posture

Posture will be noticed first by people looking at you from a distance. How much you smile will be noticed second. You can say that body shape will be tied into this first observation and that would be true but, if you do not have the ideal body shape then you can compensate to a large degree. You will have to learn to stand straight and sit straight and smile. Siting straight will help you and not smiling will damage you.

Good Eye Contact

Why is eye contact so important? Eye contact shows that you have self confidence. Eye contact shows that you are in control. People who are self confident and in control, have more sex appeal. Learn the lesson and start practising eye contact. Teach yourself to talk at the same time as you are eyeballing your victim, oops your quarry, oops your friend and helper. Yes, your friend and helper. It is your friend and helper that you need to practice this eyeballing routine with

before you go out into the jungle with it. The more you do it the easier it gets. So, do it till it feels good and you will see the results.

Smile at those you meet and if you want to be photogenic then learn the Hollywood smile.

Smiling shows you are open and receptive, warm and cuddly. Doesn't everyone want that? Smile frequently, but not all the time. A plastered on smile can be distracting. What are the two most important times to smile you ask? Need you ask that? When you first meet and when you part. When you are home alone and all pent up with anger at someone or some thing, then smiling can knock you out of that negative mode. But, smiling in public will reap unimaginable rewards so learn it now if you do not know about the benefits already. Smiling with teeth showing in photos can show your photogenic nature. But, not smiling in photos can show an alluring nature. Talk to a professional photographer for photos.

Act Upbeat even when you are down in the dumps.

Acting upbeat and positive puts a shine on you. It adds that sparkle and twinkle that you see in advertisements on TV all the time. Don't talk about your ex, don't talk about your kids. Start reading the paper or listening to the news and talk about positive things. People often go out to a local dance when they are depressed. If you are one of the people who do this then you had better learn how to appear upbeat and fun to be around or no one will be around you.

Dress well with a dash of colour and a splash or flair if you dare.

This topic is quite complicated because you can look good in jeans if the local flavour of that place is a 'jeans place'. If you go to a night club and everyone is in slacks and you saunter in with jeans on then people will raise their eyebrows no matter how tight your jeans are. Men like to see ladies dress sexy and lady's like to see men dress with confidence. So, learn how to chose a set of clothes that are ONLY for going out. Put some money into them and wear them only when going out to meet people. Sales personnel will be happy to teach you what fits and what matches. Don't go out to meet people in work clothes unless it is right after work.

Memorize a few good opening lines.

Have several opening lines memorized and ready. Here is an easy line.

Hi, how are you today?

Listen for a response then say,

“My name is ----- what is your name?”

Listen for a response then say,

“This is a lovely time here today isn't it?”

If you have to, fall back on the topic of the weather in order to get the conversation ball rolling. Making first contact with someone you are attracted to is difficult for many people, particularly if the person you are attracted to is very attractive and sought after by many others. Your self esteem will tie in here. Memorizing several opening lines and running through them all if you have to, makes it much easier to calm the pounding heart beat in the moments of that First Contact. Don't ever, ever, ever tell disparaging jokes about others, particularly other minorities. Belittling other people may make you feel good at the moment but, it will also tell the other

person a lot about you. Unfortunately, these are things they will most likely not like, so stay away from jokes all together if you cannot find neutral jokes.

Memorize a few good closing lines to use when parting.

“It was a pleasure meeting you today.” Wait for a response. “Can I leave you with my email address?” Pull out your card and give them your email address. Or you can always fall back on the old stand by “It was nice to meet you, have a nice day,” or “It was a please to make your acquaintance today.” It is better to use this old line than nothing at all. Saying “Okay bye,” just isn’t good enough if you want to show sex appeal.

Listen well with continuous eye contact while listening and while talking.

Don’t stare though. We have all met those people who start talking as soon as you meet them and are still talking a half hour later. You are left wondering why they are not turning blue from lack of oxygen until you realise that they are actually breathing while they are talking. They have somehow learned to master the skill of talking on and inspiration as well as on an expiration. Your eyes are darting around the room looking for an escape. Take a lesson. Learn to pose a question then stop and listen. When you hear the response MAKE A COMMENT ABOUT THAT RESPONSE. Don’t go running on with your own topic. Ah yes, you want to boast a little to impress a lot, but you will do a better job of that if you talk less and listen more.

Learn to dance.

Learn all the dance steps from ballroom through Latin, Swing, and Disco. You don’t have to be good at dancing, but you should have a repertoire of steps under your belt. It will likely take about 2 to 3 years to get to a competent intermediate level if you dance regularly. It will not matter if the person you are on the floor with knows the dance steps you do or not. What you will have learned in the lessons is to match your steps to theirs. Other people watching you will see that you can dance and that will add to your sex appeal. And, on top of it all, the exercise is great for keeping you fit. Ah, now that fitness thing is a new ball of wax and requires Course 201. LOL Ah, we haven’t written Course 201 yet.... Looks like you are on your own now.

See the article **Five Secret Categories for Sex Appeal** in the Miscellaneous section of the Library.

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