

# Hack His Mind



**Make Any Man Obsessed With You**

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## **Introduction**

What if I told you that a man's brain is like a computer? Would it change the way you think about them?



I don't mean that men are robots. What I mean is that they are predictable, and that's not an insult – it's just a statement of fact. When a programmer feeds a series of commands into a computer, it does what it's told to do. As long as you know the right language to use, you can make the computer work. And the same is true of men.

### **The Truth about Men's Brains**

There are differences between female brains and male brains. Women tend to have more connective tissue in their brains than men do, which means they are able to think of more than one thing at once.

Men often have tunnel vision, which is why they can focus so intently on a single thing. Women also tend to have better verbal skills – and a better understanding of their own emotions – than men do.

When it comes to getting inside a man's brain and hacking it, remember that he will probably only give his attention to one thing at a time. You want that thing to be you, right? So the secret is to find ways to make him stop thinking about whatever is on his mind, and start thinking about you. The quickest and easiest way to do that is to get him thinking about sex.



Men think about sex a lot – much more than women realize. And that’s the key to hacking into their brains.

### **What You Will Learn in This Book**

The goal of this book is to help you learn the simple techniques to get inside your guy’s brain – from the moment you meet him.

I’ll start with some non-verbal things you can do to get a new man’s attention, even if you’re in a crowded room filled with attractive women vying for his attention. If you know the right way to look at him, and what to do with your eyes, legs, and the rest of your body, he won’t be able to take his eyes off of you.

After that, we’ll talk about how to handle your first conversation with him, whether it’s a brief one or a long talk that lasts hours. Women have the edge over men when it comes to verbal skills, and you can use that to your advantage. You can use the techniques here to make sure that wherever you meet, he asks for your number.

The next step is flirting and texting. Very few men are going to make firm plans for a date when they first meet you. They’ll plan on calling or – more likely – texting you. For a lot of women, texting a new man is intimidating, but with my suggestions you’ll be able to text, flirt, and get him to set up your very first date.

The first date is both fun and nerve-wracking, but if you handle it well it can be the start of a fantastic relationship. I'll talk to you about how to get ready, what to wear, and how to talk to him so he's dying for his next date with you.

The next big step for most women is the first time they sleep with a man. Getting naked with someone new can be scary. We all get self-conscious sometimes, but I'll share some things you can do to get in the mood and lower your inhibitions. I'll also give you some sure-fire turn-ons, things you can say that will give him an instant erection. Then we'll cover talking dirty – something that a lot of women need help doing – and how to drive him absolutely out of his mind in bed with the things you say.



The final chapter is about the rest of your relationship. We've all experienced a decline in sexual activity as a relationship goes on, but there are lots of ways that you can keep his libido ramped up and make sure you're still having plenty of sex. I'll give you some tips on how to get him to turn off the porn and come to bed, as well as some pointers on how to keep your sexual relationship red hot.

By the time you're done reading this book, you'll be ready to hack into your guy's brain and drive him absolutely wild. Trust me, you don't need to look like a supermodel to have a blazing hot relationship. All you need is the right words.



## Get His Attention

We've all been there. You're out in a bar or club with your girlfriends... or at a work function... or even at a Starbucks... and you see a guy who catches your attention. You know you want to talk to him, but the thought of going up and starting a conversation isn't appealing to you. You think to yourself, "How can I get him to stop what he's doing and come over here and talk to me?"

You might feel like there's nothing you can do, but that's simply not true. You can get any man to notice you, look at you, and cross a room to talk to you, if you know the right things to do.

### **Simple Non-Verbal Techniques to Get a Man's Attention**

The first thing you need to remember is that men are intensely visual. They think in pictures most of the time, so the very first thing you need to do if you want to capture his attention is to get him to look at you.

Now, he might already be looking at you, but let's imagine for the moment that he's not. Here are some things you can do to get his attention – and let's face it, the attention of other men in the room! You can be subtle or brazen, but any of these techniques will work.

## ***Erotic Eye Contact***

The first thing you should try is also the most obvious – look at him. You don't have to stare, but if you look at him briefly, look away, and then look back again, you'll leave him in no doubt that your look is deliberate. He'll know you're interested in him.



Of course there's more than one way to look at a man. You can look at him directly if you're feeling confident. However, a sideways glance can be very alluring and leave him wondering what you're thinking about. An important thing to remember at this point is that what you want to do is fire up his imagination. Men think in pictures, so give him something to look at.

Another option is to glance up at him through your eyelashes. To practice this move, lower your eyes to look down at something right in front of you – your

glass or your hands, for example. Your head should be slightly down. Then, moving only your eyes, look back up. This move is most likely to be effective if he's relatively close to you – it can be hard to pull off from across a room.

### ***Luscious Lips***



The next body part I want you to use is your lips. If you can get a man to focus on your mouth, he'll be thinking about kissing you. Flashing him a confident smile is a huge turn-on. Men love a woman who believes in herself. Of course, a small and secretive grin can be alluring too – there's a reason we're still looking at the Mona Lisa 500 years after she was painted!

If you want to get a little more openly flirtatious, you can try biting your lower lip or even licking your lips. If you have a drink with a straw, slide your lips slowly over the straw and lick your lips after you take a sip. Trust me, he's not going to be thinking about anything other than how your lips will feel on his.

### ***Tousled Tresses***

A lot of men love thinking about women's hair. They want to bury their hands in it or imagine how it would feel brushing over their naked bodies. Playing with your hair is guaranteed to capture his interest.

If you have long hair that's up, consider taking it down and running your hands through it. Give a little shake of your head to get your hair moving. If your hair is short, you can still run your fingers through it, tousle it, or lightly run your fingers over the back of your neck.

What you want to do is make him wonder what your hair feels like... what it smells like. Everything you do at this stage should be designed to get him wanting to know more about you.



### ***Lovely Limbs***

Many men find a woman's legs to be irresistible – probably because when they see them, they imagine what it would be like to have those legs wrapped around them! You can use this to your advantage when you're trying to get a man's attention.

Some of these moves might work best if you're wearing a skirt or dress, but don't underestimate the power of your legs in a great pair of jeans, either. If you remember the famous scene in *Basic Instinct* when Sharon Stone crossed her legs,

you know what I mean. She was going commando, but you don't have to do that to short-circuit a guy's brain.

Once you know a man is looking at you, try shifting in your seat to make sure he's got a view of your legs. Then if they're crossed, slowly uncross them and cross them in the opposite direction. If they're not crossed, cross them. You can add to the impact by running your hand down one leg, or by dangling your shoe off the end of your foot.

### ***Sinful Stretch***

Do you really want to know how to make a guy's eyes pop out of his head? If you're not sure that he's paying attention -- or if you just want to dial your non-verbal flirtation up a notch -- try standing up and stretching. Put your hands in the small of your back and stick your chest out, or raise your arms over your head for a full-body stretch.

This can be an especially effective move if you've been sitting at a low table that hasn't let him get a look at your body. He's definitely curious and wants to see all of you, so why not give him the opportunity?

### ***Brazen Bump***

This final move is one to use if the room is really crowded and you're not sure he's noticed you, or if you're just sick of waiting for him to make a move and you want

to dial things up. Instead of staying where you are, walk across the room in his direction. When you get close, “accidentally on purpose” brush against him or even bump right into him. He will get the message, and the bump can be the perfect ice breaker. All you need to do is murmur, “Excuse me” or “I’m sorry” and you’ll be ready to start your conversation.



## How to Make Yourself Stand Out from Other Women

When people ask men what they find most attractive in a woman, very few of them are going to lead with a body part. That doesn't mean they don't like breasts or legs, but most men are not going to put that first on a list.

The answer they give most frequently is that they find confidence attractive. You don't have to be the best-looking woman in the room to be the one who gets the most attention. What you need to do is be confident in who you are. A woman who seems uncertain or self-conscious is not going to be attractive to men.

Be aware of your own power and beauty. Feel the hold that you have over men and embrace it. It's amazing how much a confident smile can do to grab a man's attention. He'll be wondering if you're always that confident. If you need to give yourself a little pep talk before you go out, then do it. Repeat an affirmation or buy a new outfit – whatever you need to do to make sure that your confidence shines through.

The moves and tips in this chapter will help you get his attention and hold it. Coming up next, we'll talk about how to get the conversation started.

## Seductive First Words

You've got his attention – but what do you do now? Striking up that initial conversation is crucial, and if you do it right you'll have his undivided attention. Most women are comfortable navigating the first few sentences – introducing themselves and so on – but once the conversation gets into flirtatious territory, some are unsure what to say.



This chapter will help you get through that first conversation, whether it lasts just long enough to exchange names and phone numbers or stretches into the wee hours of the morning.

## How to Find Out What Your Voice Really Sounds Like

Do you know what your voice sounds like to other people?

Most women don't. Some have a tendency to speak in a "head voice" – higher than what is really comfortable. Others end every sentence with a question. You want your voice to sound sexy and strong, not weak and uncertain. Remember what I said about confidence? Your voice is part of that.

The first step is to find out what your voice sounds like. There are a few ways to do it:

1. If you just want a quick (but not overly specific) idea of your voice, try speaking while you hold your hands in front of your ears. (Not over them, you should hold them with your thumbs flat against the sides of your head so your open palms are facing forward with your ears behind them.
2. Another option is to hold two files on either side of your head. The idea of both of these is that it funnels the sound of your voice forward into the room, giving you an approximation of its real sound.
3. The most high tech option is to record yourself talking and play it back. A lot of cell phones have a recording option so you may want to try that.

You might be surprised by what you hear. A lot of women speak using something known as “vocal fry,” which is a guttural sound in the back of the throat – think of the way someone like Britney Spears talks and you’ll know what I mean.

Once you have an idea of how you sound now, you can think about how you want to sound. Do you like what you hear, or do you sound insecure, childish, or inauthentic? You can change the way you speak, so you may want to use a recorder and practice a bit.



Biologically speaking, when men hear a disembodied woman’s voice they tend to prefer higher voices, which they associate with thin bodies. However, that doesn’t mean that you should try to speak in a high voice if yours is naturally low.

Instead, the most important thing to convey is confidence. If you have a tendency to go up at the end of sentences, you may sound immature. Practice pitching the ends of your sentences down a bit, which can also convey a sense of intimacy.

When you're talking to a man for the first time, it's also good to speak rather quietly, especially if you are in a noisy bar or restaurant. The quiet of your voice will make him lean in close to hear you.

## **Seductive Conversation Starters**

Believe it or not, you don't really need anything fancy to get a conversation started with a guy. If he comes up to you, he'll probably get things rolling, but if he's slow on the uptake or you're feeling bold, why not walk right up to him and be the one who starts things off?

If you're the one saying the first words, keep it simple. Try:

- My name is \_\_\_\_\_. What's yours?
- We have to start meeting like this.
- I've never been here before, what do you recommend?
- I noticed you looking at me... what's your name?

Any one of those can be enough to get things rolling. Once the conversation is started, the main thing to remember is to be yourself. Don't fall into the trap of thinking you need to lie about who you are or what you like to do. You don't have to agree on everything. Compatibility is important, but so is having something to talk about. If you always agree it's going to get boring, so don't be afraid to be opinionated and say what you really think.



It is a good idea to steer clear of controversy unless you're reasonably sure he'll agree with you. If you're at a political rally you can probably talk politics, but if not, save it for a later date.

Finding out about his interests is a good way to get a conversation started. We all like to talk about ourselves, so a simple question like, “What do you do in your spare time?” can be enough to get even the shyest guy talking. If you share common interests, that’s great – and if not, just say, “Oh, I don’t know much about that but I’d like to learn. Tell me more.”

You should also feel free to talk about your interests. He wants know – so if he says he’s into rock climbing, you can say, “Oh, I’m more of a Pilates girl myself.” The key is to be easy and natural about it – don’t try too hard.

### **Flirting Tips and Tricks**

Once you get past the pleasantries, you’re going to want to transition into flirting. Now, don’t get intimidated by that. Flirting is just talking with a playful or sexy tinge to it. It doesn’t have to be explicit, but it should be fun.

Women tend to be more verbal than men, so don’t be afraid to dazzle him with some wordplay. Sometimes even a cheesy line can be enough to get him laughing. Men love a woman who can make them laugh.

You shouldn’t force humor, but if you’re naturally funny then let your wit run free. And if you’re not, it’s still not a bad idea to have a joke or two that you know you can tell effectively. You probably won’t want to start out with anything too dirty, but a slightly off-color joke isn’t a bad idea.

If the conversation goes on a while, you may want to get a little bolder with your talk, or even overtly sexy. There are lots of words that can be innocent enough on their own, but you can give them a provocative meaning with the right tone of voice, and the right response. Just for example, imagine that you're talking to a guy who's relating a story that ends with him saying "Bite me" to someone. You might say, "Bite you? Don't mind if I do" or "Bite you? I hardly even know you" or even just... "Maybe later."

The key to flirting is just to have fun with it. Nothing's going to be more attractive to a man than a confident woman who's not afraid to let go and be herself. Nobody wants to hook up with a phony.

By the time your conversation's over, he'll be asking for your number. If he hasn't, go ahead and ask for his. You've got nothing to lose! In the next chapter I'll tell you about how to get from the initial flirt through the texting stage and to your first date.

## Flirting to the First Date

Once the two of you have exchanged numbers, it's time for the real verbal flirting to begin. Everything you do at this point is geared toward one thing: getting a first date.

### **Tips for Texting**

If you've read my short book, *Texting Temptress*, you already have fifteen fool-proof texts that are sure to short-circuit his brain and get him turned on.

However, here I want to go into a bit more detail about how to text a new man.



The first thing to keep in mind is that you only have to go as far as you want to go. If you're not the type to send naked selfies to a guy, you don't have to. If you don't want to use explicit language at this point, you don't have to do that either. There are ways to adapt everything here to your personal comfort level.

Let's start with some ground rules for texting:

1. You can text him first, but do not text him more than once. Reach out, and then give him time to respond. Just in general, don't send more than two texts in a row without a response, even once you really know each other. On a related note, don't play the silly waiting game. If you want to text him back right away, do it.
2. Take it easy with the emoji. A lot of guys really hate them, especially if you're using really obscure ones like shrimp fried rice or a cactus. They don't want to have to work to figure out what you mean. A smile or a kiss is fine, but keep it to a minimum.
3. Don't bombard him with questions. Nobody wants to feel like a flirtation is turning into an inquisition.
4. Don't use baby talk. Until you know him better, you won't know whether he's the kind of guy who doesn't mind being called baby or sweetie pie, or whether he'd rather not.
5. Don't overanalyze what he says. He might be at work or preoccupied in some other way. Reading too much into his texts is a good way to get upset for no reason.

Here are some hints. If you're doing something really mundane like folding laundry, it's fine to skip sharing that and give him something a bit more exciting. Telling him that you just got out of the shower or are lying in bed is enticing and will get him thinking about you.

Telling him that you dreamed about him or thought about him during the day is also a great idea. Saying things like that – without details – will spur his imagination and make him wonder what you were dreaming or thinking. He may ask, so be prepared to respond in some way.



This is a good place to talk about mystery. You do not need to be explicit at this point, and sometimes it's better to just fuel up his imagination and let him do the rest. A little mystery in the early stages of flirtation is a very good thing.

As long as you keep your texts short and alluring, he's going to be dying to hear from you. Here are a few examples:

*I can't wait to see you again.*

*I loved talking to you last night... your voice is so sexy.*

*I'm going to go get sweaty at the gym later.*

These are all enticing in different ways. And don't sweat it if he's not great at texting. Not every guy is, but that doesn't mean that he won't make a great boyfriend.

### **How to Tease Him on the Phone**

What do you do if you meet an old school guy who wants to talk on the phone instead of texting? Many of the same rules apply, but on the phone, you won't have time to agonize over every word you say.

Remember what I said earlier about your voice. Hearing someone talk can be very exciting, but think about how your voice sounds to him and avoid the up-talk and other mistakes that we covered.

One thing that can help you keep your phone voice sexy is to talk to him while you're lying in bed, and imagine how you'd speak if he were lying next to you. Your voice would probably be quiet and maybe even a little husky. The more intimate you make your voice sound, the easier it will be for him to picture himself beside you.



If you see that he's calling, take a minute to think about what you want to say when you answer the phone, and how you want to say it. Just a quick couple of breaths can do a lot to calm you if you're nervous.

Here are a few other things to keep in mind:

- Don't overshare. He's hoping for a sexy and flirtatious answer when he asks what you're doing. You don't need to tell him that you just took out the garbage or cleaned your cat's litterbox. An easy answer is something like, "I was thinking about you." That gets you off the hook and turns him on, and all with just five words.
- Texts are relatively non-threatening, but a phone call feels a bit more momentous, so keep that in mind. You can call, but in general I think it's better to start with texts and then graduate to a phone call if you both agree.
- Don't expect him to talk to you for hours. That may happen, but a lot of guys really don't enjoy long phone conversations. If he keeps it brief, don't read too much into it.

What do you do if you call him and get his voice mail? The answer, of course, is to leave a short and sexy message that will make him want to call you back as soon as he hears it.

If you have to leave a voice mail, do not make the mistake of saying, "Hi, it's me." You two just met. Give him your name and an indication of where you met, unless

you've already been texting for a while. Something like, "Hi, this is Hope – we met at the park yesterday."

Keep your voice mail very short. Leave your name, say something interesting or enticing (I was thinking about you and thought I'd call), and then close with something like, "I hope we can talk soon." Short and sweet is the way to go. Do not leave a long, rambling message – and do not call again unless he calls you.

### **How to Make the Conversation Hot**

Now I want to give you some quick suggestions for how to get his libido totally fired up. These can work for text messages or phone calls.

If you're shy, try putting the ball back in his court. For example, if he says something like, "What are you wearing?" you can try something like:

*What do you think I'm wearing? Or better yet: What do you wish I was wearing?*

This is one situation where questions are acceptable because you're not trying to get information out of him, at least not in a way that feels like an interrogation.

You can do the same thing if he says that he wishes he were with you. Try saying:

*What would you do if you were here?*

*Tell me what we'd be doing.*

You get the idea. If he really wants you to take the lead, start slowly if you're uncomfortable. You might say something like, *Well, first I'd cook you a romantic dinner.* It's not overtly sexy, but it gets things headed in the right direction and lets you ease into it.

At every step of the way, keep in mind that men have a tendency to be highly focused, so once you have his thoughts centered on you, that's all he'll be thinking about. Everything you say should be designed to put a picture in his head. You want his imagination to be totally fired up.

Give him a little, and then let him take the next step. Think of it as fishing. Your words are the bait – and he's the fish. You just need to get him to bite, and then you can reel him in.

### **How to Hint That You Want a First Date**

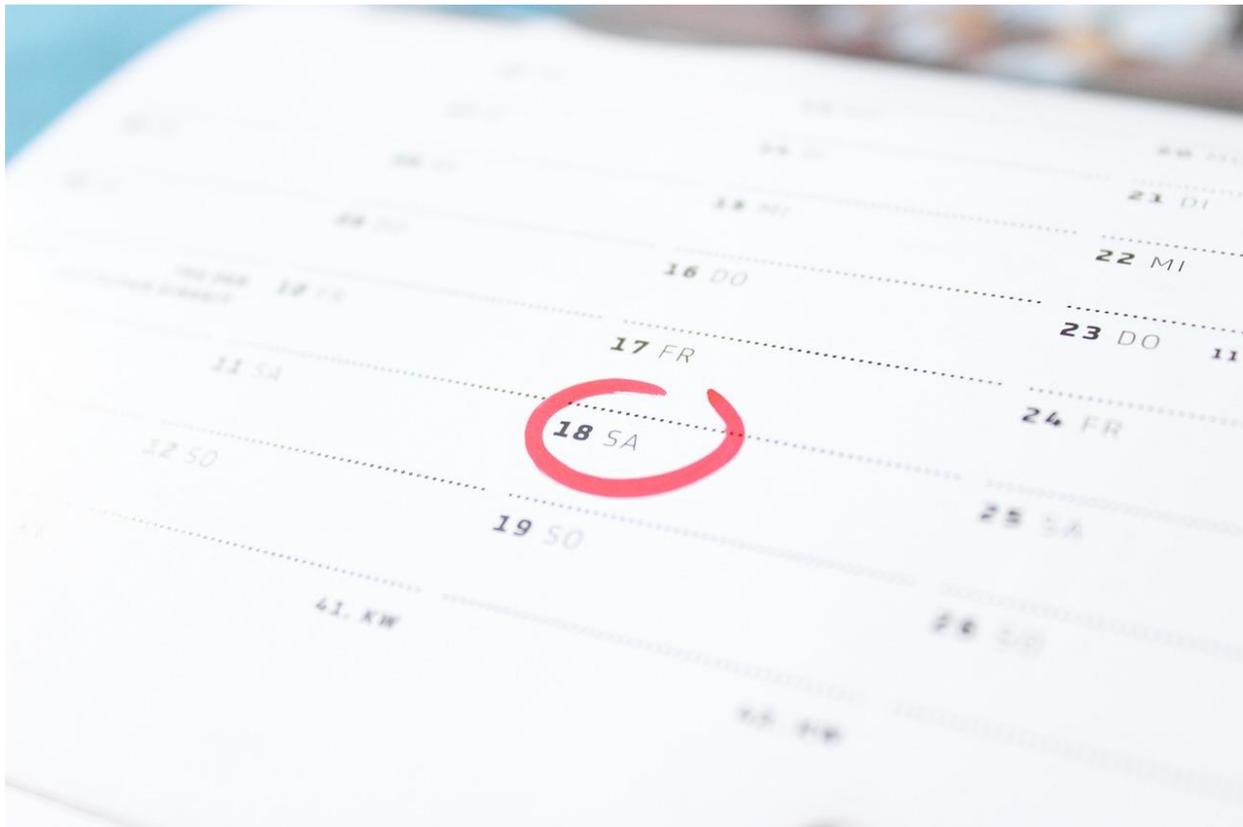
The last thing I want to talk about in this chapter is how to get him to ask you for a first date. You may not need to do much work to make that happen, but remember, guys can be shy too. If yours seems like he might be, then you can do some things to help him along.

Let's start with some subtle options:

*So, are you up to anything exciting this weekend?*

*I've been dying to try that new restaurant that just opened.*

*I have to start planning for the weekend.*



These all hint at a date without making it too obvious. However, you may want to be a bit more brazen about it – and if you do, here are some things to try:

*So... are you going to ask me out?*

*I have Friday night free.*

*I have a hot new dress that I'm hoping I can wear when I go out with you.*

*I'd love to be able to do this in person.*

I think you get the idea. The option you choose is totally based on your comfort level and you can adapt any of these to suit your personality. A man who's been flirting with you is going to take the hint and ask you out, and you'll be on to the next step.

Coming up next, we'll talk about how to get ready for your first date – and how to say the things that will lead to your second date... and beyond.

## First Date Secrets

It's the big night – the night of your very first real date with a new man. It's one of the most exciting things for any woman. The level of anticipation is hard to match. It's natural to want everything to go perfectly.

Women make a lot of mistakes on first dates. They go into them with unreasonable expectations, or they overthink everything. This chapter is going to help you avoid those pitfalls and do it right.

### **Tips for Getting Ready for the First Date**

Let's start by talking about how to get ready. If you want to hack a guy's mind, you have to think about his mind when you prepare for your date. One thing a lot of women do wrong is that they dress the same way they would dress for their friends. Sure, they might wear something cute, but they're not really thinking the way a guy thinks.

What does a man want to see on a first date?

- A little skin. You don't have to wear something skimpy, but you shouldn't be wearing a turtleneck either. If you've been flirting intensely, you might already know that he really loves your legs or your butt. If that's the case, wear something that shows off his favorite aspect of your appearance.

- Something feminine and sexy. This is not the time to wear that weird high-fashion thing that your friends love. He's not going to want edgy. He wants you to look pretty and alluring, but also approachable. This is a great opportunity to wear your favorite little black dress, or something low cut.



- Hot shoes. He may not mention them, but he'll notice them. Unless your first date is a hike in the canyon, don't wear stilettos. But if you're going out

to dinner, wear nice shoes. You don't have to wear heels if that's not your style, but make them pretty.

Other aspects of getting ready to keep in mind are your makeup and perfume. Guys tend to be pretty clueless about makeup, but don't overdo it. In general, you want to emphasize one feature. If you know he loves your eyes, make them smoky and keep the rest of your makeup a bit toned down. If you decide to play up your lips, adjust the rest of your face accordingly.

### **How Your Tone of Voice Can Affect His Libido**

Now let's talk a bit more about tone of voice. It can be easy to forget about your tone when you're talking in person. The conversation will be ongoing, and you won't have the same time to think about what you say as you do when you're texting.

The key is to be yourself, but to try to keep how you sound in mind. You don't want to let your voice get too loud or too shrill.

If you're in a quiet restaurant, keep your voice quiet and intimate. Make him lean in a bit to hear what you're saying. It may be a little harder to do that if you're someplace noisy, but you can lean toward him if you want to keep your voice quiet.

Earlier I told you that men tend to prefer high voices in women, but that's not something to worry about if your voice is naturally low. There are very few men who would complain about a sexy voice like Scarlett Johansson's. Also, research shows that men don't like it when the pitch of a woman's voice changes dramatically, so don't be phony. Speak in your natural voice and avoid the things we talked about, and you'll be fine.



### **What Not to Say**

Before I give you some hints about how to say things that will rev up his libido, let's talk about what not to say or share on a first date. Even if you feel an intense connection, you should steer clear of the following.

- **Finances.** He doesn't need to know that you're barely scraping by, and it's rude to ask how much he makes.
- **Your ex.** It's natural to want to know about the other person's past relationships, but if he asks, keep the talk general. Don't rip your ex a new one, and don't talk about him wistfully or your new guy will think you're still in love with the old one.
- **Bashing your family.** Even if your family is totally bananas, this is not the time to share it. If you have touchy relationships with them, just keep the talk general. Have a crazy mother? Just say something like, "Well, we don't have a lot in common but I love her."
- **Bashing your job.** Again, the key is not to be negative. If you dislike your job, find a way to put a positive spin on it. You can say, "It's not what I want to be doing in the long term, but it's a job." You'll have plenty of time later to get into the gory details.
- **Marriage or kids.** If you have kids, then it's normal for your date to ask about them – and vice versa. But really, the first date is too soon to be talking about what you want in the future. Just get to know each other.

It's also a good idea to steer clear of potentially controversial or divisive topics like politics and religion unless you know your views are similar. Even then, these

probably aren't the best topics. Also, avoid equivocating phrases like *sort of* and *I guess*. They make you sound wishy-washy.

### **The Red-Hot Words That Will Drive Him Wild**

Now that we've covered what not to say, let's talk about what to say to deepen your connection and turn him on. First, let's talk about the things that guys want you to talk about on a first date.

- Compliments about his appearance. You don't have to go overboard but guys like to be told that they look nice.
- Your accomplishments. Don't brag, but a guy likes to know that a woman is kick-ass. If you just got a big promotion at work, tell him when he asks about your job.
- Your laughter. Don't fake it, but if he says something funny, let your laugh pour out of you. We all like to think we're funny and a woman who can laugh is always attractive.
- Your life. He wants to know that you're a complete person without him, so if you had a great weekend or are planning an exciting vacation, tell him.
- An offer to pay. A lot of men insist on paying on the first date, but don't take it for granted. Offer to pay half and then if he refuses, say "Maybe next time." That sets the ground for the next date.

When it comes to flirtation and turning him on, here are some suggestions of things to say.

*All I can think about is kissing you.*

*You're so handsome.*

*You look incredibly hot in that shirt/suit/jeans/whatever.*

*I don't think we should sleep together... yet.*



Trust me, the *yet* is hot. He knows you want him, but it can be awfully hard to salvage a real relationship if you sleep with a guy on the first date.

You don't have to go overboard with sexy talk on the first date. There'll be time enough for that later. For now, just say a few sexy things to rev up his imagination.

The next big step in your relationship is going to be sex. That's what we'll cover in the next chapter.

## **Ready for Bed**

You've been on three dates... or five... or ten, and you're finally ready to have sex with your new man. For many women, the idea of talking to a man about – or during – sex is a scary one. They don't know what to say or how to say it. This chapter will help you become comfortable with sexy talk and get over your inhibitions for good.

### **How to Lower Your Sexual Inhibitions and Relax**

The benefit of waiting to have sex is that it revs up your libido and also gives you time to prepare. If you're nervous about getting naked with your guy, here are some things that might help.

- Get in a good workout. Sweating at the gym will help release tension and feel-good endorphins. It will also improve your circulation, and that can improve your orgasms!
- Meditate for fifteen minutes. If you're really stressed out or anxious, getting in a short meditation can help center you and calm your brain.
- Take a hot shower or bath. Hot water is naturally soothing and can help ease tension in your muscles and get you to feel good.
- Get a massage. A great massage is an aphrodisiac. Even if all you do is get a quick half-hour massage on your lunch break, it can help you relax and get in the right frame of mind.

The main thing to remember is that he wants you. Men don't spend nearly as much time cataloguing a woman's faults as women think they do. As long as you're naked and willing, he'll be thrilled.

### **Instant Erection: The Words That Will Get Him Ready**

You're out on a date, and you know that tonight is the night. He's hoping it's the night, but he may not know it yet. That depends on your relationship.



I'm going to warn you, you don't want to say these words to him when you're still out in public because they are going to get him hard instantly. Wait until you're

alone. However, you can say them if you're in his car or in the elevator on the way up to your place. Just don't do it in the middle of a crowded restaurant.

These words are best said directly into his ear, especially if you're feeling a little shy or vulnerable. Nothing's sexier than a whisper. He'll feel your breath in his ear and the warmth of your body, and when you combine that with these words, he's going to lose his mind.

All you need to do is lean in and whisper:

*All I can think about is how good you're going to feel inside me.*

Trust me, he is going to get an erection so fast he's not going to know what hit him. These words will short-circuit his brain and have him instantly ready for sex. All he'll be able to think about is getting you naked and into bed.

## **Dirty Words: How to Get Over Your Fears of Talking Dirty**

I'm using the word "dirty" here, but really what I mean is explicit. Women have different comfort levels when it comes to talking about sex. Most men love it when a woman tells him what she wants or what she likes, but you have to decide what you feel comfortable doing.

Let's start with vocabulary. I know women who are willing to use just about every word that can be used to describe anatomy, and others who are offended by

certain words. If you haven't thought about it before now, take a few minutes to consider your options. If you're nervous, it's best to have an idea of what you're willing to say and what you consider a turn-off.

For example, some women can get comfortable with the word *pussy* but not the alternatives. They might be fine calling a man's penis a *dick*, but not like to use the word *cock*. Men tend not to be as picky, and the chances are good that he'll be willing to follow your lead. That's one reason to be the first one to speak – you get to control the vocabulary.

If he uses a word you really don't like, tell him, but do it in a way that's sexy and alluring. Instead of saying, "Ugh, I hate that word" try saying, "I really like it when you..." and then tell him.

You don't have to say too much, honestly. If you're not comfortable with the explicit stuff, try saying some of these things:

*Oh, that feels so good.*

*Ooh, keep doing that.*

*I'm so turned on.*

If you're feeling bold and ready to say a bit more, here are some things that are guaranteed to drive him crazy:

*Harder.*

*Faster.*

*Fuck me.*

*I'm going to cum.*

Sometimes, words aren't even necessary. Most men love a woman who sighs, gasps, and moans during sex. The main thing he wants to know is that you're having a good time. He wants to give you pleasure, so find ways to let him know that he is and he'll be happy.



Once you've had sex for the first time, your relationship should be off and running. The final topic for this book is how to keep things hot once you've settled into a relationship, and that's what we'll talk about next.

## Keeping His Attention

The early days of a new relationships tend to be red-hot. You can't keep your hands off each other and all you want to do is have sex. The thing that can prove tricky is finding ways to keep the relationship hot even when that initial rush of lust has settled down.

The key is not to take sex for granted. Don't take his desire for you for granted. You can find ways to keep things interesting and sexy even when you're both preoccupied with work or other things.

### **How to Get His Undivided Attention**

Men are biologically inclined to seek out new things when it comes to sex. A bull who's in a field with several cows in heat will always choose to mate with a cow he hasn't mated with before, if there is one.

That's one of the reasons that men look at porn. They are easily bored and distracted, and they want to find new ways to get turned on.

If you want him to turn off the porn and come to bed with you, there are plenty of things you can do to make that happen.

- Send him a series of sexy texts during the day. Don't go overboard – men sometimes have a hard time compartmentalizing when it comes to sex – but be enticing. Saying something like, “Guess what I want to do to you later?” will be enough to have him thinking about you all day long – and rushing home to see you.
- If you normally talk on the phone during the day, try ending your conversation with something naughty to get him thinking about you. You might say, “I've been fantasizing about you all morning” or “I can't wait to be in bed with you later.” Say something like that, and he'll be thinking about the exact same thing.
- Before he leaves for work in the morning, tell him that you've got something special planned for that night. Even if you don't say another word to him all day, his brain will be totally preoccupied with thoughts of you.



If you do find him looking at porn, don't get angry. Instead, kiss him and say, "That looks like fun... but you know what would be even more fun?" Then take his hand and lead him to the bedroom. He's not going to complain, trust me.

### **How to Keep Things Hot (Even After Years Together)**

Now let's talk about some things you can do to keep the fires burning even when you're in a long-term relationship.

1. Set aside time for sex. I know, it might not seem sexy, but when your lives are busy it's a must. Make a commitment to each other to have sex at least twice a week, and then stick to it.
2. Have an occasional quickie. You can't do this kind of thing every day, but every once in a while, send him a text that says, "I'm so hot thinking about you. Let's skip lunch and fuck." He'll be running to meet you at home – or at a hotel.
3. Fulfill his fantasies. There's nothing wrong with a little role playing or fantasy. If he's got a fantasy about being with a sexy nurse in a hospital bed, surprise him by renting a costume and acting it out. You don't have to act out every fantasy, but the fact that you're willing to try will be a huge turn-on for him.
4. Try new things. A lot of couples get into a sexual rut, but you don't need to. Buy a copy of the Kama Sutra and try some new positions, or have sex on the living room floor instead of in the bedroom.

I think you get the idea. The way to keep things hot and exciting is not to get bogged down in doing things the same way every time. Men love to be surprised, and you can surprise him in a variety of ways. He'll love it, and he'll be ready to rip your clothes off at a moment's notice.

## Conclusion

Thanks for reading *Hack His Mind*. I hope you can see that getting under a guy's skin and driving him wild isn't really that hard. All you need are a basic understanding of how a man's brain works – and some tips to help you get over your inhibitions and tell him what he wants to hear.



The key things to remember are:

- Men are highly visual, and the most effective things to say are the ones that put a picture in his brain.

- If you can fire up his imagination with your words, you can short-circuit his brain and get him thinking about you constantly.
- Men like women who are confident and direct.
- Playful and flirty talk can help pave the way to your first date.
- Talking dirty doesn't have to be scary as long as you choose your vocabulary carefully and know a few things to say that will drive him wild.
- The key to keeping a man interested in you sexually is to find ways that make sex feel exciting and new.

If you keep these tips in mind, you can hack his mind whenever you want to. If you want to learn how to drive him crazy without saying a word, click here to check out my book [\*The Silent Seductress\*](#).

