

Make Him Fall In

Love

With You



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Table Of **Contents**

- 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*



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.



#05 *Keep yourself hydrated.*

When it comes to looking good, water is your best friend. Don't wait until you are thirsty to drink water. Drink water as much as you can. It will keep your skin clear and clean. If you have difficulty drinking water, make it a habit to get a glass each time you go to the comfort room. Or you can fill a huge water bottle and place it near your desk or workplace, so you are always reminded to hydrate yourself from time to time. A hydrated body will function best, and the only way to do this is to discipline yourself in drinking an adequate amount of water daily.



These are the scientific methods that you can try today to bring out the best version of yourself. While the results are not visible overnight, if you practice these good habits, you will notice drastic changes in your appearance. Little by little, you can use your best features to your advantage. Once you learn how to love yourself, surrounding people will be attracted, including your special someone to you.

Chapter 2

Establish a Deep Sense of Familiarity with Him

"Friendship may, and often does, grow into love, but love never subsides into friendship."

George Gordon Byron

See him a lot. If you want to build an attraction, you must first develop a deep sense of familiarity with him. A study shows that seeing someone frequently can help to increase the attraction between the two of you. It does not matter if they found you attractive at first or not. A familiar and friendly face is comfortable and something we are most likely to get intimate with compared to strangers.



You will need some time to get to know someone. Beyond an attractive face, intelligence, sense of humor, and honorable traits will make you fall for him. He will still have the same attractive face after you've found out about their vast knowledge of science, and that makes them more appealing to your eyes.

If you want to make him fall in love with you, just find some ways to see him a lot. Once you have developed feelings for someone, you may find yourself unconsciously looking for him everywhere you go.

5 Ways to See Him a Lot Naturally

Here are some ways that will give you ample opportunity to see him a lot without being branded as a stalker. Make the most of these changes to strike a conversation, make eye contact, and be able to connect with him.



#01 *Attend a party where he is normally seen.*

If you have been invited to a party, you wouldn't normally bother to go to, but you know that he is going to be there, take the risk to attend it. People will think that you are here for the party, and not for him. Dress up and doll yourself. Make sure to look your best and try to spot him in a crowded room. See if you can capture his eyes. Smile. If he sees you, approaches, and strikes a conversation, your efforts are not in vain. A party will give you plenty of opportunities to talk to the one you like without being so obvious. It is the perfect time and place to socialize, so people wouldn't think suspiciously if you are seen with him.

#02 *Go to common areas frequently.*

If you are attending the same university or workplace, fantastic. You will have plenty of chances to see him without looking like a stalker. As you know, he is just around, visits the common areas frequently. For instance, instead of eating out for lunch, try to visit your university's cafeteria or your workplace's pastry. Get your books from the library instead of downloading them online. Who knows? You might bump into him. However, when doing these things, it is best to lower your expectations. Seeing him in public places is always a coincidence, but the ones that are worth trying.





#03 *Connect with him on social media.*

Apparently, one of the best ways to get to know someone is to see their social media profiles. Their best interests, hobbies, and even romantic relationships are there. Some guys prefer to be private in the virtual world. What you will discover about him depends only on what he wants to be known about. But it's still worth giving a try. Search him up and connect with him on social media. If he's sent you a friend request on Facebook or followed you on Instagram, you can take it as a sign that he is interested in you as much as you are to him. His social media profiles will give you a glimpse of what kind of person is he likes. It can also help you to prepare topics based on his interests once you get the chance to sit down and converse with him.

#04 *Join the same club as him.*

If you have found out that the guy you like is a club member, you should consider joining. It can help you to build a deep sense of familiarity with him if he's able to see you outside of university or work. But make sure to only join if you are truly interested. If you're just joining the club or volunteering in a charity program with the sole purpose of seeing him, he will know right away and might even brand you insincere. It can be a turn off to him, especially if he is really passionate about the visions of the club. If he's in an astronomy club and you know in yourself that you despise the subject, then just drop it. There is nothing worse than pretending to get the attention of the guy you like.



#05 *Be intentional.*

Friendship with him won't appear out of thin air. If you really want to be friends with him, stop acting like a stalker and step out to state your intention. Most guys appreciate the bravery and honesty of a woman. Make it clear that you find him interesting, and you want to be friends. From then on, you will find yourself eating out with him and doing activities you both share the same interest with. Being intentional is the key to seeing him a lot and enjoying some time with him. It also gives you the opportunity to get to know him better.

Couples are happier when they started out as friends. If you want a longtime boyfriend or someone you wish to marry someday, a deep level of friendship can do wonders to your relationship. Hence, building a deep sense of familiarity is the first step to making friends with the guy you like. It will give you ample time to think and confirm your feelings as you peel him layer by layer and discover more things.



Chapter 3

Express Your Authentic Self

"Friendship may, and often does, grow into love, but love never subsides into friendship."

Shiva K. Sharma

If you really want him to like you, stop putting on a facade and open up to him. He must like you for who you are, not the girl you are pretending to be. Sure, sometimes playing the perfect girl is the easiest way to get him. But over time, you will get tired of putting on a mask. You will wake up one day, realizing how you betrayed yourself in the process of getting him, and you will hate both yourself and him for that.

To avoid this problem from arising, eliminate it as soon as possible. Expressing your authentic self is one of the best ways to get him to like you. A study found that people find an individual who is vulnerable and opens up.



Open up to him little by little. Give him more than the basic facts that most people know. But do not let all skeletons out of the closet. Give him time to process each and everything you say to him. It will help him understand you better and can even breed into admiration of some of your quirks, experiences, and knowledge.



How to Express Your Authentic Self in 5 Ways

We live in a society where 45 percent of the people reported that they are lonely. The best way to combat loneliness is by embracing your true self and being authentic. You will not be the one to benefit from your authenticity, but it could also be the key to get into the heart of your special someone. Here are some ways to express your authentic self:

#01 *Get to know yourself.*

You cannot express your authentic self if even you are a stranger to your own self. You have to be in touch with your inner self to know who you really are. Self-reflection is your stepping stone into leading an authentic life. Trust yourself. Be honest. Spending some time alone to know your best interest, intention, and needs can help you to understand yourself better. Decide what is best for your energy, time, and money.



Even though most people are disconnected from themselves, it's easy to spot a pretender. That is the last thing you want to be in the eyes of the guy you like the most.

#02 *Always be kind.*

According to the certified body language trainer, RB Kelly, sometimes authenticity can be tricky. People use it as an excuse to be mean to others. By being judgmental, harsh, and ungrateful later on, saying that they are just themselves is not remarkable. Being your authentic self means being kind at all times. It is expressing your opinions, views, and ideas without stepping on others. For sure, the guy that you like wouldn't like to have a mean girlfriend. Show him your restraint. Do not listen to your worst self. Also, stop believing in the toxic mindset that if he really likes you, he will accept you for who you are. Normalize bettering yourself. You will not be the only person who will benefit, but the people that surround you as well.



#03 *Always check in with yourself.*

After every social interaction, it's crucial to check in with yourself. What are the things that are running in your head that's not coming out of your mouth? How did that person make you feel? Is he draining your energy? Is he making you feel valued and important? Is he making you question your decisions in life?



At the end of the day, you need to check in with yourself and consider your feelings. If there is a bit of discomfort, even if it's with someone you love, then you should evaluate what it is. Knowing the source of discomfort helps to come up with a solution and appear to be your more authentic self the next day. After all, you wouldn't want any awkwardness between you and your special someone. Eliminating this will also help in building and nurturing meaningful relationships in the long run.

#04 *Surrender your attachment.*

Sure, by now, you are confident that what you feel about him is more than a simple attraction. It is normal to have desires and worldly attachments to your special someone. However, according to the Buddhists, the very source of most suffering in the world is attachment. Life coach Eleni Kapetanios said that most people are afraid to reveal who they really are because others may not approve of it. As a result, they are forced to hide behind the shadows of their real self.

If you want to be your most authentic self, you must learn to let go of what others think of you—including him. Do not be scared of what might happen once you reveal yourself to him. In fact, it should give you confidence that showing your real self will make him fall in love with you. Keeping your guard at all times can be exhausting. Learn how to be vulnerable and open up. You will discover that it is the most natural thing in the world.



#05 *Trust yourself.*

When you reveal your most authentic self, you will also attract people who are leading authentic lives. This is the best way to know if you can also attract the person you love and build a meaningful relationship with him. Not just him but surrounding people as well can help to bring out the best in you. If he is really authentic, he will make you feel good about yourself effortlessly. He will push you to your best performance and help you achieve your dreams. All important aspects of your life—business, health, spiritual being, intimacy, and personal relationships will be richer, fuller. When your actions are in alignment with who you really are, you will be unstoppable. So, stop doubting yourself and begin to develop trust. You cannot trust someone in a relationship if you do not trust yourself first.



Leading an authentic life is easier said than done. However, it is crucial for a healthy relationship. If you want to build a meaningful bond with him, you must be yourself at all times. Faking and pretending to be someone else is the worst way to get him and can only breed betrayal and problems later on.

Chapter 4

Making the Most of Your First Date

"It's a risk to love. What if it doesn't work? Ah, but what if it does?"

Peter McWilliams

According to a survey, 93 percent of women prefer to be asked out on a date. If you are one of them and finally got the chance to go on a date with the guy you like, it's crucial to make the most out of it! Unlike talking at parties, bumping in the library, or eating lunch together during a work break, the guy you like will have his entire attention on you. He will go out with the sole purpose of getting to know you and have fun with you.



Now, you may have heard of different horror stories about the disasters of first dates. There are many different approaches when it comes to your first date. For instance, some still consider having sex on the first date as taboo. Others do not mind it. Some will still impose on gender roles and let the guy pay. Others do it opposite.

Regardless of your beliefs and perceptions about the first date, knowing what to expect and do can help you to avoid embarrassing disasters later on. Preparing yourself for this most-awaited day can help you to win the heart of the one you love.

6 Tips to Rock Your First Date

Here are the following tips to keep in mind that will make you shine on your first date and leave a good first impression on the guy you like.

#01 Put on a positive mood.

However thrilling, first dates can be scary. Lots of things can happen. Hence, you need to be calm and positive before you go on your first date. The last thing you want is to be a big ball of nerves in front of your crush.



In the morning of your first date, try to meditate for at least ten minutes. If meditation isn't your cup of tea, you can also start the day by listening to your favorite songs. If your friend is there to help you prepare, it can help you to calm down. The preparation should be as fun and calming as possible so it will reflect on your date later on. Try not to think about negative things or what could go wrong. Be positive.

#02 *Choose the best outfit.*

Now here comes the tricky part. You want to look your best in front of the guy you like. Picking the perfect outfit for your first date can be a daunting task. You could have hundreds of dresses and still end up not liking any of them for your first date. You want to wow your date with your outfit, but you have no idea what he likes or prefers when it comes to clothing.



As a rule of thumb, outfits for the first date should be casual and cool. For instance, you can wear your favorite and most striking pair of jeans that accentuate your long legs and firm buttocks, paired with a cool tank top that will make even it out. If you are a bit mature, you can also opt for a little black dress or a daring red drape dress to hug your figure. Whatever outfit you choose, make sure that it will make you feel comfortable. Do not choose an outfit that you wouldn't normally wear, or your date will sense that you are uncomfortable with what you are wearing. As much as possible, choose an outfit that will help to bring out your best features while staying comfortable no matter where you go and what you do.



#03 *Converse naturally.*

First dates can be scary. It is your chance to get to know your date and ask him questions about his personal life. Be fun and cool about it. Men get nervous about their first dates, too. Give him a warm hello as soon as you see him and crack a joke or two to lighten up the mood. Do not make it feel like a job interview. You may have a lot of questions to ask but focus on one thing at a time. Do not worry because you will have plenty of time later on to know more about him.

For instance, if he mentioned that he loves reading books, talk about it more. Let the conversation flow from there. Ask him about his favorite books and authors. You might share the same interest with him. Be natural when it comes to carrying a conversation. Most people can easily sense if one is being insincere or just being polite. You have to be genuine. If something does not interest you, politely steer the conversation away, or you can ask more questions to keep him talking and learn more about the subject.



#04 *Do not be afraid to offer to split the bill.*

Gone are the days when the responsibility of paying for the check becomes a man's burden. In fact, many men prefer a woman who offers to split the bill. Since you still do not have any idea about their financial situation, ask him what he's getting and order in the same price range. That way, you won't unintentionally offend or make him uncomfortable. When you have the check, politely offer to split it with him. If he's not the kind of guy who agrees to split the check, you can thank him and offer to get him something in return—maybe an ice cream or a bottle of beer on your way home.





#05 *Let him know if you want a second date.*

Do not keep him guessing. If you want to go on a second date with him after an enjoyable time, let him know. Be upfront about it. Give him a hint or just say it to him before parting ways. You can also hint at him about doing activities that he loves. If he loves to play basketball, ask him when he can bring you to one of his games. Let him know you had a good time with him. It will encourage both of you to get to know each other more and go on other dates. Do not waste your opportunity of not letting him know how much you enjoyed his company. If you are a bit reserved, you can be coy about it but still send the message. No matter what methods you want to try, make sure it reaches him clearly: a second date with him would be awesome.

#06 *A kiss is optional.*

Kissing on the first date is completely normal, but not necessary. You shouldn't pressure yourself, or him, to kiss on the first date. But if you want to be kissed, just let it be known. You can linger for a while after saying your goodbyes, or lightly touch his arm and make eye contact. He may or may not respond to your advances, but this is how far you can go. A kiss on the forehead would be magical. If he kisses you on the lips, it's awesome as well as long as he has your consent. Just keep in mind that it isn't an obligation even if he paid for the entire date. If you don't want to be kissed on the first date, that's also fine. You don't owe him anything after an enjoyable night.



Ah, the magic of first dates. It's one of your most treasured moments when you can feel the butterflies in your stomach or your racing pulse just by being around him. Make the most of it and always be grateful for his company. If you follow these tips above, you can prevent disasters and make your first date as fun as possible,

Conclusion

Love is a complex thing to understand, but once it's there, you will know it. The abovementioned methods are only guidelines to help him notice you for what you really are. After all, it is your intelligence, beauty, and compassion that will make him fall in love with you.

Do not be impatient, and do not expect him to fall in love with you on the first date. Instead, gradually build a friendship between the two of you and let your feelings develop for one another. If he realizes he's in love with you at the end of the day, great for you. But if he remains receptive after everything you have done, accept it and just move on. You might be focusing too much of your energy on a guy when there is someone out there who is madly in love with you.

Most people find their partners in life at a young age. Some stumble upon their soulmates at a later time in their lives. Keep in mind that finding a partner and being in a relationship is not a race. Work at your own pace. Trust the universe that whoever is destined for you will arrive at the right time and the right place. Forgive yourself for the past relationships that didn't work and learn from them. When the time comes, and your prince arrives, you will be more than ready for him. Loving yourself is the first step to building a meaningful relationship with your significant other.





Thank You!

We Welcome Your Feedback.

Feel free to get in touch with us for any
feedback or question.

