

The Right Man Online

The Online Path To Offline Love

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This Book Is Dedicated To You:

This book begins from a place of absolutely loving women, not as the “opposite” sex of men, but rather, at the very *least*, “the complementary sex” – and at *best*, as the “Heart-Opening” sex, the “Enlivening” sex, the “Motivating” sex.

Because, though we men may kick and scream about it, you give us reason to live.

Please rest in those words a moment...

Because most women don’t understand this.

It’s not that you merely adorn our lives. It’s not merely that you fill out our lives. It’s not that you’re a nice distraction with soft, squishy parts.

It’s that, beneath all the inner solitude, weary struggle and mentalized boredom of being a man – *you are our light and our warmth*, our beacon before us and the gentle wind at our back. ..

You are what makes our life compass work.

And more importantly, you are what makes us *even want* to make our life compass work.

Even if you don’t believe this yet, it is my wish and intention that by the end of the book, you will not only believe it, but your whole approach, appreciation and understanding of men will be so transformed that you will be irresistible to quality men.

You will be an *inspiration*. You will *enliven*. And you will be ***treasured*** beyond anything you might ever have imagined.

This book is written for women who wish to love and be loved by good men. Or, more specifically, ultimately, one good man.

And this book is written on behalf of good men who adore women...

...men who marvel at a slightly awed distance at the soft gift of your bodies which give us hope and harbor.

... men who stand jealously at the edge of the dance floor of life, waiting for you, in your free flowing embodied wisdom, to invite us in.

...men who soften at the texture and aromas of your home, the sway of your hips and garments, the scent of your hair and your presence.

...men who, though slightly embarrassed to do so in the presence of other men, yearn to drop their wool-worsted armor, lay down their tattered day-swords, and relax into *the simple joy of your sheer beauty as a woman*. Until they wearily rise the next morning to go and fight for food and status once again. Because food and status is really all they know or can aim for, without your guidance.

...men who secretly wonder at your witchy powers as they examine the mysterious apothecary of your shower – bottle after bottle and not one them actually says shampoo or conditioner! Emolient? Revitalizer? Energizer? We have no idea what this means, but we find it devastatingly sexy that you do.

...men who make fun of your love of shoes but who secretly adore the fact that it makes you happy.

...men who live in dread of your emotions but who know that the same fire that burns your cheeks also sets your pliant, marble thighs aglow.

Yes, this book is written on behalf of the men who crave to be near you and in you!

...men, who at the same time, are *afraid* of you because you, **and only you**, can melt our armor and help us forge our deepest gifts. Only you can slow the self-blinding headlong blur and thrust of male mind, the male lie... and give it delicious pause.

So that we may, for a moment, feel....

Feel far more deeply with you than we are able to feel on our own.

This book is written on behalf of the pained men who crave deep love but haven't the tools (yet) to create it themselves...

...men who secretly look to you to lead them into the softness of their hearts and the sweetness of being alive on this Earth.

And, finally, this book is dedicated to **you**, who give us the ability to discover and relish the deep joy of what it is to be a man full of a man's purpose. And to love as a man loves. To love... you.

WHY ONLINE DATING IS FOR YOU.

Millions are doing it. 75% in England. 57% in the United States. We're all busy, right? So we search online for books, toys, gifts, investment data and gossip online. Then why not go online to locate the quality man you deserve?

Your chances of meeting him at work are limited by the few people you meet. Your friends? They have small circles, too. Bars? Who are you going to meet there, really?

The fact is that, according to Scientific American, 14% of all couples currently together met online. That's more than met at parties, work OR through friends.

Online dating is 1) effective, 2) time-saving, and 3) casts a massively wider net than you could ever cast by trawling bars, bookstores or yoga classes.

Some people are shy about online dating. They say it's for people who can't get dates elsewhere. It's not true. And those who don't date online are missing out. Pay attention:

There are tens of thousands of men who work, who are tired at night and don't want to go out and would rather filter be captivated by the face and words of a woman online than have to stalk the usual "meeting" places.

There is a veritable *army* of men who just don't meet single women all day long at work. They are online for one reason: they **want** to meet you. They want to meet **you**.

Let me put this another way...

There are highly social, highly attractive men who go out plenty, who meet lots of women, and who simply want to expand their world – meet the kinds of women who live outside their limited social circle.

Online networking is the norm these days. It's expected.

So forget the myths and accept the reality...

The online dating world is as varied and promising as the offline world!

It is full of men of all types, of all interests, of all ages, with kids, without kids, who want kids, who don't...

...and they are united by one thing: they are there to meet women!

You have two jobs:

Your first job is to **filter** out the men that will only waste your time, and I will show you how to do that in the first few sections on identifying and screening out "Red Flag" men (and, as you'll see, I show you many additional ways to do this throughout the work).

Your second job is, because there are so many people dating online, to **stand out** from the crowd. If you are stunningly beautiful, you will get all the mail you can possibly handle (although perhaps not from the best Good Men.) If you are attractive like 90% of women, then you must **STAND OUT** with the **quality** and **specificity** of how you express yourself to good men – *how you direct your intent and speech to good men in your profile*, in order to trigger their "I Win!" switches (which I detail in the section, "Be His Victory.")

*Teaching you exactly how to stand out from the crowd online in a Powerful, Sensual, Feminine, High-Value way that is **IRRESISTIBLE TO GOOD MEN** is the purpose of this book.*

By the time you finish working the system in this book, you will stand blazingly out from the army of cliché-mongers and blahnettes who write inoffensive prattle, man-repellent demands and offer nothing to capture and keep the intrigue and interest of a Quality Man.

If you work this system, lessons and techniques in this book correctly and consistently, you will have more Quality Men to choose from than nights to spend with them.

From a business point of view – this is a hungry market – and it's hungry for you.

You just have to learn how to be appetizing.

The Right Man Online way is all about playing this arena **smart**.

It's about making this new world of dating work at maximum power for you. This book is a training, bringing you communications expertise it would take you years to gain on your own. I'm lucky this way – I am a successful screenwriter, marketing consultant, an award-winning poet, and a non-stop seeker of deep trainings in personal power, heart-opening and communication.

I have taken my years of experience experimenting and succeeding with online dating, and apply everything I know about:

- Loyalty branding
- How Men Think
- Effective Advertising and Marketing
- Gender Psychology
- Neuro-Linguistic Programming
- The Erotics of Poetry
- The Practices of Deep Masculinity
- Good Common Sense

The Right Man Online is about approaching dating in the online age with both **deep wisdom** about how men and women actually work, and the **media savvy** of modern communications science.

It's about stepping up your efforts in the dating/relationship world the same way you would in your career. It's about building expertise and being *professional* about it. Taking the same care you would to be successful in any endeavor, from doctoring to parenting!

Thank you for entrusting me to guide you along this brief journey, and for taking the extra step to step up your personal skills to become a powerful success in dating.

Once you put into action the hundreds of lessons, shifts and refinements you will find in this work, I can guarantee you that there will be a man who will be grateful, too, far more grateful to you than I am!

So let's get started...

Why is this book SO important?

Because one of the most important messages I want to get across in this work is that this book is not only about online dating, but, ultimately, about your entire LIFE!
What I suppose we call now your OFFLINE life.

Listen closely...

ONLINE LESSONS FOR YOUR ENTIRE LIFE

How you present yourself online is a clue not only to how you present yourself in real life, but who you perceive yourself to be, how you truly live (not how you think you live)

Therefore, how you communicate yourself online is like a giant, unflinching mirror...

If you've already written a profile, you will learn more about yourself by looking back at it after you've finished this program than you would in 10 therapy sessions!

You will see how you live rather than how you THINK you live. How you speak rather than how you THINK you speak. How you sound to men rather than how you THINK you sound to men.

So even if you were NOT online dating, this program would expose yourself *to yourself* in new ways...

It's why I say, "dating secrets for both your online and offline world."

So look closely how you've communicated yourself online so far. Then look at what your first impulses are as you set out to write your new or first profiles.

And, as you complete this work, pay VERY CLOSE attention to how your first impulses compare to your highest knowledge of how a man will be receiving your communication.

It will feel like a mountain climber looking back, and seeing just how astonishingly far she has come...

WHAT THIS PROGRAM IS NOT...

The Right Man Online is not merely about how to *catch* a man.

No is it merely about how to “stand up for yourself” with a man. It includes, but goes way beyond surface notions of brittle self-esteem.

It is certainly not about how to “give yourself up” for a man.

By contrast, it’s about how to fully *embody and express* your unique treasures as an individual, as a woman, and as a force of nature so that you will attract the Right Man for you.

It explores deep, loving feminine surrender (but only to a man who earns it from you!)

It’s about how to embody your most luscious completeness as a fully expressed woman and communicate your unique, deepest gifts in a language that men will not understand not with their heads, but *viscerally*.

You will learn to express yourself in a language men will **feel**. In their *gut*. In their **heart**.

Language that will alert them to the fact of your ineffable value to them – a value so great, they will be willing, even eager, to give up their precious sense of freedom.

Throughout this book, you will notice that I never use the language of right and wrong. There’s a deep teaching in that, and it has to do as much with building a successful lifelong love as it does with attracting it.

I try to speak, rather, in the language of opening and closing.

If you berate yourself with rights and wrongs and judgments, you will lose your appeal to Quality Men. And you will attract men who know how to manipulate these buttons to their benefit – and your detriment.

If you, however, read this book and learn instead to open to your deepest gifts as a woman, and gently close down those communication habits that turn Good Men off, you will allure a man at depths far more profound and powerful than mere common likes and dislikes.

You will capture his deep masculine desire to serve and worship his goddess at a level far deeper than, oh, we like the same movies, tennis, walks on the beach.

In other words, you will allure men at a far deeper level than 98% of women online.

*

As you work your way through this program, and as you begin to put these openings to work in your online and offline dating work, miracles will happen.

You will find that your opening to your deepest and **unique** gifts as a woman will allure a man in the way that a parched wanderer will be allured to a strange oasis, where ripe exotic fruit grows, and where warm springs flow inexplicably from what he thought was desiccated earth.

*

BE LOVE TO FIND LOVE!

But before you start I have to ask you a question...

Do you want a quality man? I mean, do really want a man who can feel, and love and serve you? A man who you can help blossom into his full kingship, his deep tenderness, his loving humor? Do you want a man who can meet you at your depths (though it will likely take some training!) and make you proud?

Here's the problem...

A lot of women *say* they do – although they really take no, or few, steps to become the woman who would naturally *attract* that kind of quality man.

If you're not willing to make some shifts, then please stop reading now, because this work is for women who are dead serious about creating a buoyant bond with a truly great guy who will stay, and who will serve his woman and his family nobly.

If this is what you truly do want, and what you are willing to work for...

Then know this: that man is searching not for a pal, nor for a “partner in crime,” nor someone to walk on the beach with --and yet this is the prattle that most women offer in their profiles (and the men just click by, untouched, unelectrified!)

That Man is searching for you, not as someone with mere common interests, but...

- you as this lush oasis.
- you as the inexplicable flow of love in the world.
- you as nectar, as juice, as the offering of the sweetness of life itself in all its colorful, refreshing, vitalizing beauty.

Does that sound weird to you? Does it tickle some primal knowing place deep inside of you? Or do you just *get* it? If you don't yet, don't worry. By the end of these 200 or so pages, you will!

For, beneath the static electricity of common interests and opinions, beneath the common goals, a shared sense of humor and tastes in foods or cultures or TV shows... there pulses, *there blazes something primal between you and him.*

And you can kick-start it all gracefully and subtly... *if* you can tap into it and express it (which is what this whole work is about, fortunately!)

... and he will respond by being mystified, dizzied... irresistibly allured.

Love is a vast source, and when **you** drink from its depth, rather than from its surface, you will attract a man worthy of you, the Devotional Man you truly desire.

Now, here's the key...

You must drink from that love-source now, *before* you find your man.

In fact, if you begin to drink from love's infinite flow in your life NOW, and begin to *express* love's flow now, in all your thoughts, in all your encounters, increasing your ability to do this daily. Only then will you find your worthy partner.

The Right Man Online will show you how to drink from your birthright's pool - that oceanic, irresistible feminine flow of love (which men so crave to drink from).

The Right Man Online will show you how to communicate your immersion in love, both online and off, so that you may attract a man who is *capable* of responding to the true gifts you have to offer....

A man whose masculine presence, direction, and sense of service is worthy of your love, and who, ***through your love, will grow worthier than he ever could have grown by himself.***

Are you ready to be that incredible woman? That woman for whom men thank their lucky stars that they ever met (they should also thank the research that went into this book and the fact that you absorbed it and put it into practice!)

So, do you see how this program isn't merely about "catching" a man.

It is about *inspiring* a man by the depth of your gifts to him.

By the obvious and irresistible depth of your love's flow.

This program is about your *opening*...

...opening to you're the capacity to love that you *already* possess

... opening yourself to living as your best self, more and more, every day

... opening your expression to a language that men will be mysteriously and *devotionally* drawn to.

... and ultimately, opening to a man who is worthy of you – to your highest self.

It is about gently removing all the reasonable and unreasonable ways in which you close yourself down – and, unintentionally, through your words, close *men* down.

It is about how to be the goddess that men (often unconsciously) crave, so that you can attract the god that men (mostly unknowingly) are.

It is about opening your life and your communication in such a way that you...

...inspire a worthy man into being *your* man.

Throughout this work, remember this key truth, and you will always be on the correct path:

**Men don't want to be "caught."
They resent being caught.
They are afraid of being "trapped"...**

Men want to be inspired into love.

HE'S OUT THERE - ONLINE!

I understand...

You're busy. You work. You have a more or less defined circle of friends. You know some single guys through your various personal networks, but you just haven't found that GREAT guy that you know is out there.

You know what I mean? Not just a guy, but a *man*.

- A man who is a man – who is
- Responsible
- thoughtful
- who has evolved beyond his ego.
- who takes pleasure in *giving* pleasure by being
 - nurturing
 - supportive
 - attentive
 - and yes, sexually alive, awake, creative and generous.

How does this kind of man sound to you? If this is the kind of man you desire in your life, then this is the book for you. However, if you are still after "bad boys," raging

egotists, savers, clingers, mama's boys, posers, boys in men's bodies, losers or abusers of any kind, this book will be for you in a few years when you evolve out it.

Our focus is the online world because there are *so many men* there looking for a partner!

But also, because it is an invaluable arena to learn how to read, understand and *attract* men.

It is the perfect arena to learn how to *communicate* yourself to men. You can test, you can experiment, you can play with different sides of your persona!

The beauty of Online Dating is that you have the opportunity to learn: and to strengthen what is working, and to shift what either bores Quality Men, or turns them away.

Men don't want to be captured. We like to be free. To feel free. It is our nature.

We can't be romanced the way you can – you can't really capture our hearts the way your heart can be captured, or claimed.

We don't want to feel like our lives have been captured...

But you *can* capture our *imagination*s – that sizzling cord of electricity that connects our balls to our brains to our heart. Sure, you can be like most women and talk about liking tennis or your dog...

**...or you can ignite a fire within us so
that we feel even MORE FREE and
more EMPOWERED because of...
YOU!**

That's the sacred truth, the trick, the treasure!

Are you up to it?

If so, you're in luck, because this book teaches you how to do just that.

**Who The Heck Is Adam Gilad and
How Did He Come To Know So Much
About Online Dating Success?**

I have been an online dater for about 5 years on and off. I have read over a thousand women's profiles – easy! - and gone on innumerable dates and learned from and about hundreds of women.

I am something of an expert on language and gender. I did advanced linguistic work at Stanford University – how language affects our behavior, our desires. I have written enough “women’s films” for Television Networks like Lifetime, USA Networks and CBS, that I can practically ovulate on demand (while writing this book, I was nominated for my first Emmy!) As a writer and producer, I have had to climb into the minds and words of famous women, abused women, hopeful women, loving women, mothers, daughters, lovers and sisters. An education, to be sure, and, actually, a *pleasure!*

Because I love women. I find you fascinating, certainly much more than the 90% of guys who have never learned to communicate their depths past the simplest grunts. I love how you listen, how you spiral around in your language, how you pierce through our paper-thin walls and pretences and fears and poses. How you intuit. How you soothe and inspire. How you create beauty in so many little ways. And most of all...

...how, when you *evolve*, you bring us men home into our hearts.

In ways we could never do ourselves.

I have become a dedicated student of how men and women mis-communicate. I watch how we blow it. I watch how *you* blow it.

I have listened to scores of men complain about women. First, how they can’t find one. Then, once they catch themselves one, they complain that she constrains them, doesn’t understand them, wants too much from them. For the most part, men have never taken the time to truly study what makes women tick – nor have they learned how to bridge the gap.

I have spent several years now learning how to help each gender see the world from the point of view of the other...

... so that each of us may ATTRACT the other more effectively.

And so that each of us may LOVE the other more deeply, more passionately, more expansively... and more satisfyingly.

Now, who wants to join *that* party?

PART II: IDENTIFYING A QUALITY MAN

I have boiled down 8 Fundamental Universal Characteristics of a Quality Man.

And by “Quality Man,” I mean someone who will make you a supportive, responsible, emotionally mature, life-expanding, attentive partner.

Notic I didn’t say “loving?”

There’s a reason. Because if you LOOK for loving you will find “romancing” or “charming” – and you will fall for SURFACE.

Rather, all these qualities ADD UP to “Loving.”

See the difference? LOOK for “supportive, responsible, emotionally mature, life-expanding and attentive” – and you will end up with loving!

Now, there are probably lots of ways to break it down, but these are the 8 Characteristics that women want most deeply and most universally.

Mind you, they are the not qualities of *fantasy*. And elsewhere in this book I warn against brewing up some fantasy of a man, some prince on a horse, some rich savior who you think will solve your problems.

The moment you think a man (or anybody) will solve your problems – that is exactly the point where you are creating huge new problems for yourself. Now, and in the future.

If you are harboring this kind of emotional neediness, you will send good men running. Because they can smell it a mile away. And run, they should!

Here are the 8 Characteristics of a Quality Man:

- He Is Purposeful
- He is Authentic
- He is Excited about his life
- He is Financially Responsible
- He is Expressive of What is Important to Him
- He Open, Curious and Interested in Man/Woman Dynamics (and genuinely likes women)

- He is Open, Curious and Interested in You
- He is Driven By Expanding Love, not Fear

Now, can you really tell all those things about a guy from his profile or emails?

No. It may take 5 minutes on a date to weed out the frauds, or it may take a couple of months for an unready man to reveal his neediness or selfishness or unresolved anger.

But you can *glean clues* by how and what men write – and save yourself a LOT of heartache and time by paying close attention to this chapter!

Characteristic One: He is Purposeful:

A man with purpose is about something bigger than himself. It could be his family, and how he talks about his grandmother. It could be his community, and how he volunteers and enjoys his neighbors. It could be his work – and how he talks about the SERVICE and the VALUE he gives to others, rather than about the money he makes or the perks of his job. It could be about his sense of purpose in creating stability so that he can create a family and raise children with the right woman. And it could be about his sense of purpose to the world – to wildlife preservation, peace, the homeless, disease prevention, children’s health, whatever it may be...

The point is, this man is NOT all about his ego and his ego alone.

Because guess what? You will end up being nothing more than an adornment of his sole, solitary ego. If he’s not enlarged by some sense of purpose and service in this world, he will always be about... himself. It’s him against the world.

And guess which side of that fence you’ll end up on?

Right!

So look for men who say things like...

“Something important about me is that I serve as a volunteer fireman. The guys in this crew are like family to me, and a part of my weekend is devoted to working with them to keep this community safe...”

“One of the best parts of my job is watching the kids explode in joy when they finally get it right. Just staying in there with them until they figure it out for themselves. Money can’t buy this kind of happiness...”

“I have had some success in my work, but now, one of my favorite things to do is mentor people coming into this sector. My father always taught me to give back, no matter how hard things may be on the journey...”

Now, not every guy who is purposeful or driven by a sense of service beyond his ego. But these examples give you a clue of what to look for.

If they don't write about it (men aren't as expressive of their inner lives as you are - duh), then listen closely to them when you meet them. Listen closely to how they talk about their work, their spare time, what they learned from their parents, who they feel MOST connected to.

They will tell you everything you need to know!

Characteristic Two: He is Authentic

This one is a little harder to read at first. It's really a tonal thing. Do they SOUND authentic? Do they sound as if they are comfortable in their skin or are they trying too hard to impress?

Do they talk about closeness to their families? Because families are the one place where you can't fake people out! They know your secrets and they know your secret heart. (Sadly, families can also get stuck in old ideas and not allow you to grow, or to recognize that you've changed).

One GREAT CLUE to authenticity is to see how a man expresses his vulnerability. His willingness to be open about his vulnerabilities.

But let me be clear: weakness is not the same as vulnerability.

There are PLENTY of men who are weak online. Who have no real drive, who are STUCK in their financial and emotional lives. Who are really nothing more than extended adolescents!

You don't want those men.

You want a man who you can sense is strong in many ways (see the other 7 Categories) but who, at the same time, in the midst of his strength and drive and sense of purpose, still is okay with himself to admit his flaws or fears.

Characteristic Three: He Is Excited About His life

Just as I will teach you to identify and express what is GREAT about your life, to identify yourself with the positive things in your life, with the happy things in your life, with the elements of your life for which you are grateful, so too, I counsel men to express how and why they are excited about the momentum of their lives.

And I tell them in no uncertain terms – if you are not excited by the momentum you are generating in your life – then MAKE CHANGES and GET excited!

Because no woman deserves a man who feels unmanly. Who feels stuck, or downtrodden. Who feels like a victim. Who feels powerless.

These are all characteristics of male neediness (we will discuss female neediness in a moment, don't you worry!).

And a needy male, a guy who isn't excited about his life WILL LOOK TO YOU TO PROVIDE WHAT HE SHOULD BE PROVIDING HIMSELF!

And he will resent you for it sooner or later – and here's the nasty part – whether you supply it or not!

If you DO supply it, he will resent you because you've taken the power in the relationship and he will feel unmanned and dependent.

If you DON'T supply it, he will just YOU as inadequate, because it's easier than facing his own inadequacy!

Pretty scary, huh? It is, and I've seen it happen a thousand times. In fact, there was a period in my earlier adulthood during which I felt stuck. I was working my ass off in a field that was not satisfying to me, with people I didn't like – but I was afraid to make a change because I had two small babies and didn't know where to turn to create income. And so, I began to resent my partner.

So I know this trap all too well. I wasn't happy with my life, and it was easier to blame her than to get a grip and take control of my destiny. Eventually, that's exactly what I did, and I learned deeply from that experience. Which is why I am so passionate about prodding men to take control of the happiness and excitement of their lives.

Look for guys who have it together. Here's an example of someone who promisingly calls himself OpenHorizons...

Come sail with me! Or hike, or bike or take a Tango class. Join me on the ongoing adventure in life. I love my work and have arranged my life so that life comes first! I make lots of time to explore new areas of learning and new adventure... and it's always best with someone I truly love and enjoy...

This is not a man, who, after a bad day, is going to blame you! He does not run on “need,” but generates joy.

Characteristic Four: He is Financially Responsible

You want a man who knows how to save, who knows how to invest, and isn't a little boy blowing all the money he finds in his pocket. Obviously, beware of shows of extravagance in both photos and text, of guys who talk incessantly about their toys (cars, motorcycles, boats and other expensive gadgets).

How can you tell a Man is financially responsible just from his profile?

Well, for starters he has a job! Or at least a steady source of income. There are so many ways to create income these days, and so many training and learning resources for men and women to tap.

Watch out for anyone “between jobs” or is in any kind of suspect transition. If you like the other things about him – then WAIT till he is settled in a new reliable situation.

I beg you to do this! Many women think they can help a man make that transition, and maybe you can.

BUT... BUT... you want to meet a man who is already IN his power so that you don't fall into that trap of “filling” a needy man's void which we discussed above.

IF you help him get successful, and he is not an evolved man, he will resent you because he'll want to feel that he did it himself, and he won't want to be emotionally indebted to you!

And, the truth is, when a man is out of his power, you can't tell if he's evolved or not, because he'll say or do anything to comfort himself by drawing women close – something he DOES have control over.

So seek signs of financial responsibility...

“I work hard and play hard, I believe in balance in all things. Like planning carefully for the future but being spontaneous and fun along the way...”

“I come from a hardworking family...”

“I like to keep learning, from new outdoor sports skills to weekend financial workshops so I can sharpen my

knowledge about real estate, investing, those kinds of things. My plan is to be able to spend plenty of time with my wife when I find her (could it be you) and our children. I don't want to be one of those absent dads who's always at work..."

Characteristic Five: He is Senually Alive

Ah, this is one of my favorite categories. Because in my work with men, I have learned how deeply men WANT to express their love of taste, but it comes out as gluttony. How they want to express their love of beauty, but it feels to them too effeminate. And how they love sensual communion with women, but the only language they have is sex, sex, sex.

Keep an eye out for men who are ALREADY open to sensual pleasures. Who talk about their love of well prepared food, of cooking, of wine, of working with materials like wood or the land, who can describe the “feel” of the kind of woman he desires.

If he is open to the pleasures of the senses, he's probably going to be a more satisfying lover!

A man who, on the other hand, is wrapped up in his head, or wrapped up in his ego, will give no SENSUAL language, because he will not be attentive to giving and receiving pleasure.

And he'll probably be a terrible and selfish lover.

Here are a few examples of what to look for...

My favorite meal to make for friends – and for you - is my patented glazed salmon grill, smothered in chantarelles....

Come walk with me in the forests – but don't worry, not on the first dates. But once we get to know each other, I'll show you my favorite trails, where the mulch is four feet deep. You can close your eyes and practically smell the age of dinosaurs.

On the weekends, I love to unwind by heading out to my shed and throwing myself into painting. Not pretty little landscapes, but I love to get in there with my fingers and with my putty knives and whip up storms of color like some kind of backyard Poseidon.

Characteristic Six: He is Open, Curious and Interested in Man/Woman Dynamics

Most good men I know realize that they have a LOT to learn when it comes to living with and understanding a woman.

When you're 22, you may not realize it as deeply.

But when you've been through a few relationships, you begin to realize that, hey, this is gonna take a bit of learnin'.

So look for cues in men's profiles so that they are open to growth, that they find the whole male/female dance interesting if not fascinating, and see if they describe the kind of relationship they want.

You can tell a LOT from how a man details what he wants in a relationship – often by noting how much of his description is about what he is prepared to GIVE.

Some dating sites offer a place to write favorite books: Check out what he wrote – is it all James Patterson, or do you see.. – If The Buddha Dated, Men are From Mars, Women are From Venus, The Way of the Superior Man, these kinds of things.

Men don't read as many "relationship books" as women do by a longshot – which is why it says SO MUCH about a man who does make the effort.

It means he's serious about this!

I've been told by close friends (will give recommendations upon request) that I'm truly a nice guy and I deserve to be happy in my life. It's very important to treat people with respect. I'm a firm believer of treating others the way you want to be treated. I want to be in a relationship with someone truly special. I want my heart to pound when the phone rings and it's her calling. I have a great sense of humor and have been told I laugh at the dumbest things. I can be shy at first, but I've learned to be more open.

What I like about this guy is that he feels, in his heart that he is a good man, and yet, in his last line, he is AUTHENTIC enough to admit that he has been growing and not posturing at all. He talks about what he is prepared to give, and how his prepared to behave – not what he expects from you!

Love to have fun. I believe in heartfulness as the foundation of relationships. Love the outdoors and being active outside. Like to talk about anything as long as it's not opinionated, dogmatic or about being right. Life is about loving and learning and seeing things beyond our own perspective. Believe in work hard and play harder.

Sounds like a guy! Very to the point and unadorned language – and VERY clear. He’s a good one. His line, . “*Life is about loving and learning and seeing things beyond our own perspective,*” sums up several of the Characteristics we are talking about in this section. Give a guy like this an EXTRA chance with you.

Characteristic Seven: He is Curious and Interested in You

Well, this one is harder to identify in a profile. Rather, it comes clear in his emails to you, his questions about you when you first meet, and continuing on into the future.

One thing you should pay attention to is, is he asking just pro-forma questions like, “how many brothers and sisters do you have? – just to do the polite thing before he makes his move on you!

Or does he ASK FOLLOW UP QUESTIONS that demonstrate a genuine interest in your character, your uniqueness.... In you!? For example, “Your sister, what do you like most about her? Or, “why did you choose nursing as a career?”

If a man meets you online and takes the time to ask these questions in emails or in person, then it’s a good indicator that he’s interested in something more than a score.

Of course, the best players do this to mimic interest – so feel free to see if he remembers what you’ve told him in the past, without being confrontational about it!

Characteristic Eight: He is Driven By Expanding Love, not Fear

I am about to launch a podcast called, “The Fearless Lover: The Spiritual Foundations of Lasting Love.”

It is my experience, and what I have gleaned from extensive study worldwide (India, Israel, Nepal, Peru, etc.) is that the one great spiritual truth is that in every moment we are either guided more by fear or more by love.

This podcast will be an exploration of all the ways that we can gently let go of our fears and anxieties so that our hearts can open into greater, more expansive and natural love.

You can tell a man who is ruled by fear. See how many of his statements in his profile are about what he *doesn’t* like. Or what he judges to be *not* good enough. Or about the kinds of people he *doesn’t* like or *rejects*. About what he *doesn’t* believe.

This will be a man very caught up in protecting himself by constantly highlighting his separation from the world. A fearful instinct.

On the other hand, seek a man whose profile is redolent with all the things he LOVES, all the people he LOVES, all the experiences he LOVES, what he LOVES about women, about his family, about his friends, his job. A man who is already thinking naturally about how he CONNECTS WITH rather than PROTECTS HIMSELF FROM the world.

Remember, you are part of the outside world, no matter how close you get to him. If it's him against the world, again, you're gonna be on the other side of that fence. He will approach you with fear, even if the initial romance feels like love.

Does he define his life as connection? Or as self-protection? That's a great indicator of how he's going to treat you once the initial romance settles down.

ON ADDITIONAL, SPECIFIC QUALITIES JUST FOR YOU

Now, before we go on, are there any other qualities you REQUIRE in a Quality Man?

You have your own personal tastes, culture and requirement, so this is your chance to identify what you need in a Quality Man's Character. It is important that you do this, since we will be building on this section toward crafting the perfect profile to ATTRACT this man.

So if you've got 'em, write them here:

- 1.
- 2.
- 3.

Now, write down an example of how a Quality Man might express those qualities in his profile – this way you will recognize it when you see it – and realize how important it is.

I have found that many women get so caught up in fantasy fulfillment when they read profiles, they get distracted from the key qualities they MOST desire in a partner. (Don't worry, guys do the same).

That's why it is essential to really IDENTIFY and lock in the MOST IMPORTANT QUALITIES you value now.

So... how might a man articulate any additional qualities you've identified?

- 1.

- 2.

3.

Now, keep an eye out for those qualities when you read emails and profiles, and DON'T FORGET just 'cuz he looks good!

RED FLAGS

It is essential to know the character qualities of the man you want.

And so it is very, very helpful to see these qualities in reverse, what I call Red Flag Qualities.

The might be:

- No sense of Purpose

Beware of profiles that...

- sound selfish,
- that talk only about what he wants,
- that give no sense of service to others, to community, to the world.

- Inauthentic

- Beware of profiles that are full of bravado,

- that express no vulnerability,
- that try too hard to impress with accomplishments. Chances are this guy has
- never really been authentic with a good woman and will be more trouble than
- he's worth because he's still clinging to defending an image of himself rather
- than being himself.

- Bored With his life

- Beware of profiles where a guy sounds like..

- he's in a job he hates
- he's bored of his life, or passive
- he depends on fate or seeing what life will bring to him – rather than bringing to life what he wants!
- = he's defeatist, because he will end up blaming you for his own self-hate.

Remember, beware a man who doesn't seem like an action taker, because he will end up blaming you for his sloth.

- Financially Irresponsible

- Beware of a man who:

- seems like a free-spender
 - who flaunts how much he will “treat you like a princess.”

A man like that is playing into women’s adolescent fantasies, and thinks money is a **substitute** for being present for the full human being you are. He will hide behind gifts and showiness. A good man will value character and connection first, and if he’s got cash, well, great, he will ALSO lavish you with gifts and dinners. ***But beware the man who leads with that!***

- Inexpressive, Asexual, or Repressed

- Beware a man who

- expresses no sensual joy in life, either of his body, or of food
 - expresses not joy in human expressions like laughter, intelligent conversation, compassion, kindness.
 - seems defensive or terribly set in his ways – he will not have room to grow WITH you. He will only want to mold you to his opinions and set ways.

- Turned off by Man/Woman Dynamics

- Beware of angry men

- who tell you what a woman should or should not do.
 - who expresses contempt for women of ANY kind.
 - who uses the language of “women always” or “women never” – or when you point out that those generalizations don’t apply to everyone, he can’t agree. He will pigeonhole you and you’ll never escape.
 - who says he doesn’t want to change his ways

- Not Interested in You

- Beware of men

- who email you and clearly didn’t read your profile
 - who try to charm you rather than express a genuine interest in who you are.
 - who, basically, don’t care who YOU are. Who just want to win you over (for the moment/night/weekend).

- Driven By Fear

- Beware of profiles

- where men claim they have been cheated, misled, disappointed or in any way blame OTHERS for any kind of bad luck. A good, positive quality man will always take responsibility and operate out of opportunity and growth and expansion rather than blame, fear and contraction

- where men focus on their separation from rather than their joyful connection TO the world.

Here are some additional Red Flags that suggest a man is inauthentic, untruthful, playing the numbers by writing to everyone and not really that interested in you, the unique individual.

- 1. His letter feels like a form letter -- there are no details about your profile, or he comments only about your screenname, your photos of the first line of your profile.**
- 2. Men without photos – they are possibly married, possibly hideous. You never have to get into a dialogue with a man who hasn't sent you photos, either on the site or to your private email (by the way, if you give him an email address, be sure it doesn't have your real name of company on it). If he challenges you aggressively about your request or calls you shallow for caring about externals, block him! And move on. He won't respect your own self-respect, ever.**
- 3. E-mails from men who have nothing substantive written in their profiles – especially if they are good looking. At worst, they could be players or preyers of the worst kind. At best, they are making no effort, and you want a guy who truly WANTS to be in relationship. It's basically a hook in the water and he'll catch whatever bites (because he might already be in a relationship).**
- 4. The best Players are very good - if they say all the right things, if they sound like your best girlfriend, there is your clue! Mixed with some cliché lines about being the man who pulls the chair for a lady might be a tipoff. See if he ACTUALLY does it if you meet. See if his letters are polite. Look for character, rather than image.**
- 5. Sex addicts - if they talk about sex in their profile, forget about it, unless you're after only the same.**
- 6. Time Wasters - these you can tell: guys who want to IM incessantly, or e-mail back and forth incessantly who evade actually meeting you. Again – these guys could be the married ones, or those with girlfriends. Make sure he agrees to move from the web into real life within 3 email cycles. If he's out of town, be extra careful. Feel free to Google everyone who gives you his name – you may learn that he is married after all!**
- 7. Any signs of anger at the world, or at his life.**

- 8. Any signs of anger at women, or putting women down.**

**Jes' move along. There are plenty of other men on your dating site!
And be sure to check the webpage, www.adamlikes.com for a
rundown on the best and some of the more creative niche sites!**

Okay, ready to put it to the test? Check this out...

I recently found this profile, which is a veritable FIELD of red flags. Lets see if you can count them!...

I bet on Roulette. I usually win. I've been a pretty good snowboarder for the past 18 years, but I'm too impatient to teach you. I'll buy you lessons instead. I love sports, but I don't like to watch them on TV, so it's ok if you want the remote but "Family Guy" doesn't get messed with. I love all music, but I have to dance to hiphop and reggae once in a while or I get grouchy.

Let's review, shall we...

- 1 – he's a gambler, with the delusion that he has better odds than the house.
- 2 – he talks about himself and his needs
- 3 –he's no interested in teaching you something he loves – doesn't want to include you or put himself out for you
- 4 – he seems to allow you some independence but expresses his need to defend his habits with a pretty angry expression “doesn't get messed with”
- 5 – he is driven by fear – which is to say, he categorizes himself as someone who gets grouchy, rather than has thought about how he might handle disappointment or compromise in some other way.

Please develop an ear for these red flags. Don't be forgiving of them upfront because you want to give him a chance. Go with your instinct about who he actually is, not who you hope he COULD be in the future.

I hope you enjoyed this preview of The Right Man Online. If you would like to purchase the full book, you can do so [on this page](#).

If you'd like to see my special presentation on finding The Right Man Online – [go here](#).