



“Here’s your step-by-step guide to attracting your own Prince Charming... without kissing every frog in the pond.”

Catch Him Keep Him

**A Woman’s Guide To Finding Mr. Right...
And Keeping Him Hooked For Good!**

Personalized for:

Christian Carter

A Special Message Just For You

Hi, it's Christian here and I wanted to let you know that this is your very own *personalized* copy of my ebook, so please be sure to keep it all to yourself.

If you have any questions, please contact my support team at: www.CatchHimAndKeepHim.com/contact.html

Be sure to include either your order code or the email address you used during the purchase process, as displayed below:

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Best of Luck in Life and Love,

A handwritten signature in black ink that reads "Christian Carter". The signature is written in a cursive style with a large, stylized 'C' at the beginning.

Christian

Catch Him And Keep Him

What Every Woman Should
Know About How To Catch Her
Mr. Right... And Keep Him for
Good

By Christian Carter

www.CatchHimAndKeepHim.com

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Introduction

One evening you're spending a romantic dinner with a man you're dating and you spring a question on him and wait for him to respond. You say:

"What do you think about us... You know... about the future?"

Or you say something like...

"I don't feel like you tell me about your feelings... How do you feel about where this is going? You know, about our relationship?"

So you've asked a simple question, right? And when he can't answer you in a positive way, which men often do in these situations, you become upset or disappointed.

Yeah, I know... men can do all sorts of really STUPID stuff with these questions. Avoiding, turning things around, acting like you dropped a bomb on them, ignoring it, saying tired lines like, "It's not you, it's me", or reacting with fear and anger.

So what's going on here?

The reality is that men spend much less time than you do thinking about their attractions, connections, and intentions—their “inner world.”

It’s time to learn how men think and what to do about it as a woman.

You’re about to be introduced to the knowledge and information that can have such an amazing impact on your love life that you’ll think that you’ve become Aphrodite, the Greek goddess of Love.

If you read this book and make an ongoing effort to learn what’s in it, then your perspective on men, dating, and relationships will change. This change could mean the difference between ending up happy and in love or lonely and single.

Best of all, you’ll learn the real-world truth about dating and men without having to go through the painful failure and heartbreak other women suffer from before they find out what really works.

The information in this book all boils down to the key elements of meeting and attracting men, the courtship process, and setting yourself up for a successful long-term relationship with a man.

Psychologists, social scientists, writers, thinkers, etc. tend to focus on the “later stages” of love when people have found each other or are already married.

Maybe it’s because they’re in a lab all day, but I don’t think they understand that relationships don’t just happen and come together in a test tube. There’s a whole universe of stuff that happens before two people arrive at a committed relationship, but these earlier stages and processes don’t get much attention.

For lots of women, just finding a great guy can be tough enough. First she has to find him and meet him. Then she has to attract him and be attracted to him. Then she has to get to know him and make sure he isn't some player or whatever. Then she has to figure out how to keep the chemistry alive and stay connected and intimate. (This last one can be like pulling teeth with some men!).

It's an incredible process that can be overwhelming for lots of women. So why does it have to be so hard with men?

Why do ALL of these things have to fall into place with men before any of the deeper feelings and longer term commitments come into play?

Well, that's what we're here to talk about.

It's taken me a long time to figure out the things that you're about to learn. I've spent years on this stuff and I've learned that attraction and dating play a HUGE role in building the foundation and setting the course for a long-term relationship between men and women.

I think the early stages of attraction and dating are more significant than most people give them credit for. A strong and lasting impression is formed when a man and a woman first meet and date.

If a woman doesn't know much about how a man views love, relationships, and attraction, then she's bound to run into problems and barriers that keep her from creating lasting love (and vice versa). But if she chooses to learn how to lead a

man so that he understands her perspective and desires, and she learns to understand his, then finding and creating what she wants in her love life is hers for the taking.

As we're growing up, we're taught about love, emotions, marriage, and all the things necessary inside a relationship. But if you're like 99.8% of the people on the planet, then no one ever told you how attraction works, how to meet men, and what men are really thinking as they're getting to know a woman and how or why they commit in a relationship.

This book is *jam-packed* with this kind of information. This book is not a novel. It's meant to be used like an encyclopedia for reference; this book addresses the reality of relationships. The best way to use it is to read it and find all the parts you like and all of the ideas, skills and techniques that you would like to improve upon. Then take those sections and write them down or print them out so you can keep them in your mind. Read them out loud and maybe talk about it with any other women you know that might need the help of this book.

But don't assume that reading it once will solve all your problems. Make a note when you find a section that applies to your situation.

Get a journal and jot down the ideas that grab you in your own thoughts and words. This gets you to your first simple goal: keep these ideas and information processing in your mind.

The more you do this, the more insights and "Aha" moments you'll have - which mean that you're improving your love life.

Right now it's up to you.

I can't do all the learning and practice for you. It's you, who has to make the decision that you'll do what it takes to get to that next level of understanding.

Success with men, or any group of people for that matter, isn't as simple as learning to drive a car. The rules change and there are always exceptions because humans are so complex.

Success with men is more like learning to play a musical instrument. It takes practice and learning. At first none of it makes any sense. Sometimes it seems as though all of your practice isn't making a difference.

But if you keep at it, eventually you'll be playing songs. And then you'll be writing songs. Next thing you know, you've become a master.

So take this book and use it as a workbook. Come back to it often. Reread the parts that you want to learn and integrate them in your daily life. Take a look and learn from some of the other books and information I've referenced. And most importantly, **DON'T STOP READING UNTIL YOU'RE DOING IT.**

Many people make the mistake of reading a book, and then saying "I know that stuff" before they've mastered the information in their own experience.

Don't make this mistake yourself. Keep reading and practicing until you **HAVE IT DOWN.**

At that point you'll develop your own insights beyond what's in this book, and you'll become an

expert in the world of dating and relationships.

Congratulations, by the way. You're taking an amazing step by investing in your own life to figure things out. If you stay with it, you'll have amazing results in lots of other areas, especially your love life.

Every week or so I get an email from a woman upset that I talk about how women can change for men and not how men can change and improve themselves for women.

And while I understand where they're coming from and I know some men need to make all kinds of improvements, I have to say that these women don't "get it" at all. I can't tell you how to change a man because he's not the one here looking to improve and make changes in his life - you are.

People only change when they want to; you can't make them change because you want them to. That's why the results and success you'll get from this book will be all about what YOU choose to work on and get out of it.

But remember that the more you learn about yourself and how you communicate with men, the more you'll be able to help them create with you the kind of situation you're looking for in your love life.

And do me a favor. Send me your ideas, comments, and complaints. I want to know what you think. You can reach me at:

www.catchhimandkeephim.com/contact.html

Part 1: Finding The Hidden Secrets To Success With Men

Chapter 1: Inside The Mind Of A Man

If you're ready for the inside scoop on men, and to have a deeper understanding of how to connect with one special man and enjoy amazing experiences together... you're in luck. That's part of what this book, and specifically this Chapter, is all about.

Everything you'll read here has come from years of research, observation, self-observation, and a long-time learning process from me and other experts in the world on topics such as psychology, human behavior, communication, attraction, evolution, biology, physiology, spirituality, human sexuality and more.

Long story short... I've done the work of taking all these different perspectives and "morphing" them together into plain, easy to use information and insights that will have you understanding any man you get close to more than

you thought possible.

So let's start with an important question that you might never have taken the time to ask yourself...

What is a man?

Think about it for a minute. You've probably never really asked yourself this question— other than trying to understand one man in particular in the moment in a specific situation.

And thinking along these lines of important questions, here's another important one...

What is it that makes a man different from you as a woman?

In this chapter, I'm going to give you a new understanding of the answers to these two important questions. (By the way, something powerful and important for you to know is that the QUESTIONS you ask about the world around you can make all the difference in the ANSWERS you receive back... and therefore what you see and learn. Keep this in mind. Einstein did.)

By the way... there's something I need to get out of the way before I get to the deeper answers you're looking for about men. I need to dispel a myth that causes confusion for way too many women when it comes to "figuring men out" in dating and relationships.

Are all men the same? Or are some really so different than others? I'll tell you...

Of course men have their differences, but as a group, I believe that men have a whole lot more in

common with each other than they have differences. Especially when it comes to how they think and act, and what they feel. (Their psychology, behavior, and the “emotional states” they experience).

This being true, it’s going to be very valuable for you to start to develop a clear understanding (and eventually a love and an appreciation) for what a man really is. That is... considering you might want to share real and lasting love with one of these men.

But why bother with all this? Why does it have to be so much “work”?

The short answer is, it doesn’t.

Understanding men is actually a short-cut to making your love life much, much easier and fulfilling. Although it’s not going to seem that way at first – as with anything new you start doing.

The truth is, once you can start to have a clear, grounded, confidence in knowing what a man is, and what makes a man “tick”... a whole lot of other questions and frustrations that you DON’T need to be asking or worrying about with the man you’re with are going to fall away and cease to bother you.

I know this firsthand because I’ve seen this process of growth, understanding, and transformation happen for literally thousands of women... and I get excited each time I know a woman starts off on a new path for herself and her love life through understanding men better.

The best part is that right now it’s YOU who’s setting out on your new path. And I’m excited to be the one here with you.

So now that you’re focused on this idea of

understanding men, and using this to better understand your relationship to that one special man you might be sharing your time with... let's get back to what men have in common.

For starters, take a look at how men like to watch sports, read Maxim Magazine (most are hardly reading!), talk about their new car or boat, engage in dangerous and life-threatening activities, and act competitively with each other. Women would go nuts if they were stuck doing these things all day, but men would be in hog heaven.

Listen... If you're a bit frustrated in your love life and thinking that men don't make any sense right now... I'll tell you something that most other people (and men) won't admit...

YOU'RE RIGHT. Men don't make sense. And the sooner you can stop trying to get all the things that men think and feel and do wrapped into a nice, neat, orderly package so you can have some level of certainty and predictability about them from your experience as a woman... the sooner you're going to start seeing how men really are, how the good comes with the bad as with anything in life, and understand them at a deeper level.

In other words, if you want to start to "get" what's going on with a man, the first thing you need to do is stop trying to make sense of what a man does, feels, and says from **YOUR PERSPECTIVE...** and start listening and opening to who and what he **REALLY IS.**

This also happens to be what **TRUE LOVE** asks of, and requires of you. So are you up for it? Or are you just looking to receive the rewards of Love and make sure you get the understanding

you want?

Men have been, and always will be, “wired” differently than women. The sooner you get that men are different, the sooner you’ll start expanding your own awareness and perspective and seeing the secrets to making a man feel INTENSELY ATTRACTED to you, and creating a loving and lasting committed relationship between you and a man with what feels like little or no “work”.

It is possible.

Giving understanding, and seeking to first understand, and THEN be understood really does create more and more understanding in return.

For most women, dating a man is like looking at an iceberg. Much of what’s there is below the surface where you can’t see it. The behavior and communication you see and get from a man is what I call the “outer world” and it doesn’t show what’s actually going on underneath the surface in the “inner world” of psychology and emotions.

As you know, sometimes it’s impossible to know or guess what a man is thinking. And often times a man won’t learn about how he’s feeling until time has passed and he’s made up his mind about something.

The most frustrating example of this is how a man will start feeling “unsure” about a relationship, or not like something a woman is doing, but he doesn’t say anything. At least not until he’s already made up his mind that the relationship isn’t working, and he wants to leave.

This is the worst kind of frustrating nightmare

for a woman... when all he needed to do was open his mouth and share what he was feeling, and it would have all worked out and brought you closer because of it.

I can hear it now. The subtle voice in the back of your mind that you'd never say out loud... but is there wired up in your thinking and your beliefs in the way you interact with and approach men-

"If only men were more like women... relationships would be so much easier."

Is this really true? Think about it for a second?

Thinking from an emotional perspective, would you want to date a lot of the women you know? Hmm... Interesting.

Here's something that should open your eyes a bit...

Men have been practicing their whole lives to hide their "inner world." They've been conditioned to hide or ignore their emotions for most of their lives, even from the time they were little boys and their parents or their father said "Don't cry. Toughen up."

So it should come as no surprise that lots of men are completely out of touch with the ability to recognize what's going on in their "inner world" and communicate what it is they are feeling. Especially when it comes to the passion and intensity that can come from dating, and close, intimate, relationships.

You've probably tried to talk to a man about how you were feeling sometime, and you felt like he just wasn't listening. Or that he didn't care.