

The Hacking
Attraction
Course

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I. Frequent Sex And Good Health

Individuals engaged in active lifestyles like exercising, eating right foods, and taking vitamins should also involve frequent sex in their health regimen. While the degree of sexual activity in one's health is not a principal topic of research, many studies suggest that safe sex can do wonders for one's overall health. Safe sex practiced in a loving, intimate relationship has numerous health benefits like improved cholesterol levels and increased blood circulation. It also encourages the flow of testosterone, a hormone that plays an important role in the immune system.

Sexual intercourse burns about 200 calories; the same number of calories can be achieved by spending 15 minutes in a treadmill. In addition, sex encourages the production of endorphins, the body natural painkiller. These



substances, enables a state of bliss and frees people from stress and anxiety. These factors can lead to feelings of happiness, greater health and may slowdown the aging process. An active sex life may lead to improved health and enable people to live longer and happier lives.

Sexual activity may also help prevent endometriosis, a common gynecological condition that affects about 89 million women around the world. This condition occurs when the tissue lining inside a woman's uterus grown in other places like the ovaries or the fallopian tube. This growth can cause pelvic pain and may lead to infertility. A study by the journal of Gynecologic and Obstetric Investigation, concluded that women who were sexually active during their menstruation were 15 times less likely to develop endometriosis than women who abstained from sex during periods. The contractions of the uterus during orgasm may help flush away menstrual debris out of the uterus. Sexual activity among women also prompts the production of estrogen which can act as a painkiller and reduce the pain of Pre Menstrual Syndrome (PMS).

Sexual intercourse is not just the insertion of a man's erect penis into a woman's vagina. It is a process of physical intimacy that strengthens the bond among lovers. Understanding safe sex and sex within marriage may lead to improved health and fruitful marriages.

II. Tips And Tricks On How To Attract A Partner

After losing all the weight you wanted, getting rid of the loose skin and erasing your cellulite, it is time for you to start dating again, or, if you are in a relationship, then start spicing up your love life and sex life again.



As long as the Law of Attraction has only the 'DON'T want' script, it is restricted to orchestrating that script over and over. You must give the Law of Attraction some NEW MATERIAL to work with.

What do you really want in your relationships: Security, affection, loyalty, companionship, communication? Do you want a short one night stand relationship? You have to think what do you really want.

Do you wonder why you keep attracting certain types of people into your life?

Are you tired of feeling disappointed in love?

Have you ever been 'blind-sided' by someone you thought was a friend?

Do you feel desperate to find that special person you can live with forever?

Three steps that can help you in attracting more satisfying relationships:

Step 1: Make a thorough list of all the characteristics or scenarios of your past relationships that you DON'T WANT to experience again. Just take a fresh sheet of paper and draw a large 'T' on it.



Label the left hand column: 'I don't want' and the right-hand column, 'I do want'.

Ask your Inner Self to remind you of past events that you do NOT want repeated.

Write a few words about each event that express the essence of that event.

Step 2: Examine each item on the 'I DON'T want ...' side and ask yourself this question: "If I don't want this, what DO I want?"

One major reason why you keep attracting the same unsatisfactory relationships is because you fail to use the contrast contained in those negative events to get clear about what you DO want.

Step 3: Write a Script about how you DO want your relationships to be:

As long as the Law of Attraction has only the 'DON'T want' Script, it is restricted to orchestrating that Script over and over.

You must give the Law of Attraction some NEW MATERIAL to work with.

Scripting accesses all four parts of the brain:

- ↪ The left brain which deals with words and logic;
- ↪ The right brain which understands patterns and symbols ;
- ↪ The mid-brain which experiences emotions; and
- ↪ The brain stem which registers physical stimulation.

When you write a Script, starting with a phrase such as: "If I had my way...", and let's use our imagination about that which feels good to us, we are accessing our right and mid-brain. A thought or feeling comes and we translate it into words (using the left brain) that symbolize the thought or feeling (right brain again). Writing the script engages the body, which registers in the brain stem.

When all four parts of the brain are engaged, a powerful message is delivered to the Universe.

You should allow the Law of Attraction to bring it about in the very best possible way.



Remember, the Law of Attraction brings us precisely the things we vibrate with. So if we want to experience relationships that are more satisfying, then we must change our dominant vibration to match the experiences we WANT to have.

1) How to become more attractive in the eyes of men?

There are some questions to ask yourself:

- ✓ Do you accept you as you are?
- ✓ Do you feel better about yourself now that you lost weight?
- ✓ Do you have an accurate picture of you?
- ✓ Are you fulfilled?
- ✓ Are you seeing yourself in a favourable light?
- ✓ Are you satisfied for who you are and why you live?

All your answers should be positives. You don't have any reason to not trust in your power to attract men. Now that you lost weight, you should be confident in your own power and in future you will have no problem in your love and sex life.



No matter what you want...a serious relationship or just a one-night stand...you should be ALWAYS CONFIDENT.

In your mind you should see the beauty inside, the sexy you, your mind should be full of unlimited benefits and healing thoughts about your body.

The more confident you are in your own strength, more and more men will wait to see you and date you again.

If they feel your self-confidence, they will long for your body, for your mind and for your self-trust.



Your indispensable weapons should be:

INSIDE POWER

CONFIDENCE

SELF CONFIDENCE

SELF-ESTEEM

SELF-RESPECT

Do not feel less than you are and do not consider yourself more than you are already.

What's little is not good, what's more is not good either.

Do you want to be irresistible to a man?

Here's how to behave!

Most men appreciate your femininity but they don't want a partner delicate like a flower. If you want to be irresistible to a man, know how to behave to highlight the traits that men find particularly attractive at their partner.

Many men appreciate a woman with long hair, but see beyond your hair, breast size and other physical details.



Your personality can attract them the most, when you know how to emphasize it.

2) The most effective ways to become irresistible

Do not give him your full attention

When you know a man who draws heavily from at least one perspective, the natural instinct is to overwhelm him with your attention,



especially when he seems interested in you. This approach is excellent

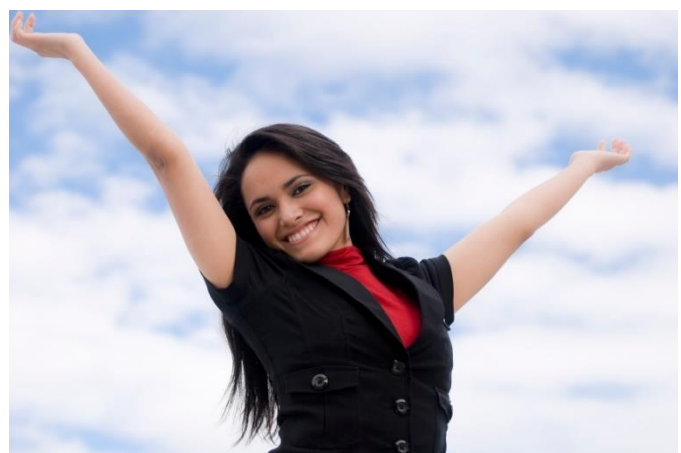
for loved ones, but not for a man whom you just met. If you give him too much attention, it may begin to feel pressure.



After you've paid your attention for a few minutes, ignore him. He thus send a strong message that can wake up "predator", stimulated follow you and to conquer you. Do not get too excited when you brag to your attention, but put him questions about his achievements giving them the opportunity to feel interesting.

Show confidence

If it were a pill, confidence would sell better than aspirin. Doesn't matter how sexy you look when your body language does not exude self-confidence.



When you feel good about yourself, you can run easier with subliminal gestures that make him

think about you in the bedroom. Massaging his neck or passing a finger on the clavicle can be powerful signals about the fact that you know to give him pleasure he is able to seduce you.

Show him that you have a sense of humour

When you're bright and cheerful, you attract more men than when you seem tense.

Laugh at his jokes, when you feel in a joking mood, show him that you can be funny too and laugh. The positive attitude and sense of humour show that you can overcome obstacles in the relationship without bouts of nerves.



Prove you have a spirit of adventure

Active and independent women attract men for a reason that has nothing to do with logic. Of course when you're open to new experiences you will have a partner who stimulates you more.

Dopamine is secreted by the brain in generous amounts when you fall in love, but returns to a normal level when the couple enters the

routine. If you regularly do brand new activities together, this will stimulate production of dopamine in them for longer and they will remain infatuated with you.



Talk about your interests

The first conversation with a man shows him how attractive you are and if he is interested in you or, on the contrary, boring. Discuss your passions and hobbies to find out if you draw on it. When looking for a relationship, it is important to find out as quickly as possible if there is compatibility in tastes and also, talks about common passions are an excellent start, this can make you appreciate each other even more.



III. Tips and tricks on how to spice up your sex and love life

Does your sex life need a boost? These are 10 ways to spice up your love life

Get connected

Nothing is sexier than remembering why you fell in love with each other in the first place. "By undertaking some sort of bonding activity, you can reignite chemistry," says Dr Morrissey. "Look for aspects of your partner that you first admired before you started focusing on what they weren't doing," she says. "Go back to the kind of dating behaviour that you undertook at the start of the relationship, whether that's scuba diving, going out dancing or to the movies, as having fun together helps you to reconnect. By looking at your partner through fresh eyes, you'll see them with a new appreciation that will reignite your sexual spark."



Take a big whiff

Remember when a mere hint of your partner's smell induced all-out lust? Take yourself back to those heady days by wearing the same scent you wore back then as you snuggle on the sofa tonight.

Have a seafood feast

For centuries, oysters have been known as aphrodisiacs, with amorous Casanova said to have eaten 50 for breakfast! Scientists have proven that Casanova was on the right track. A team of scientists at Barry

University in Miami analysed bivalve molluscs, a group of shellfish that includes oysters, and found they were rich in rare amino acids that trigger increased levels of sex hormones. So go on a date to your favourite seafood restaurant and order a dozen raw oysters for starters and shellfish for a main.

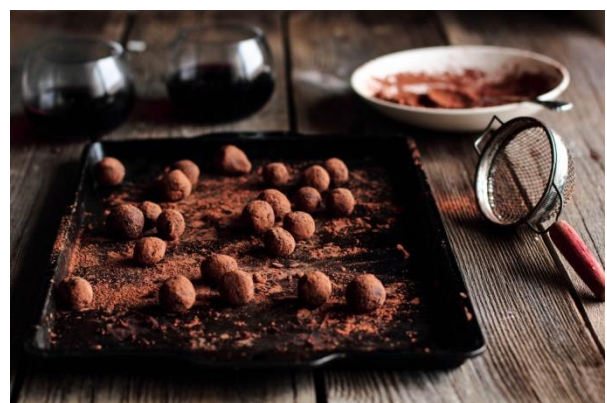
Face up to your problems

If your lack of interest in sex is causing problems in your relationship, sex therapists and psychologists can help enhance your libido. "Sexual dysfunction can be the result of many issues, including depression, hormone levels, fatigue or psychological disorders, which can seriously harm the self-esteem of both partners," says Brett McCann, NSW president of ASSERT (Australian Society of Sex Educators, Researchers and Therapists). "Therapists can help by identifying the problem and moving onto a solution.



Have a chocolate and red wine night

There's something undeniably sensual about chocolate. This is because cocoa contains phenylethylamine and serotonin, two chemicals that light up pleasure areas in the brain. Alcohol is known to induce the feeling of being horny, so enjoy a glass of wine with a little dark chocolate for a sensuous treat. Remember, a moderate amount of wine has been said to arouse, but much more than that will have the opposite effect.



Exercise more

Working out increases your urge for sex because it activates the same feel-good brain chemicals and sends the blood racing to the pelvic region, getting you in the mood. "During and after exercise, blood flows to the genitals," says Dr Gabrielle Morrissey, body+soul's sex and relationships columnist. "This can increase sensation once you start to become turned on." A study at the University of Texas illustrated this when women aged 18 to 34 were asked to watch an X-rated film twice. The first time the women cycled vigorously for 20 minutes beforehand, but the second time, they did no exercise. Researchers calculated their sex drive was 169 per cent greater if they exercised first!



Being fit and toned also means lovemaking sessions last longer and you are more flexible when it comes to trying new positions.

Lift your libido

Epimedium, also known as horny goat weed, which grows in China and Asia, may just live up to its reputation, according to researchers at the University of Milan. When looking into



natural aphrodisiacs in traditional cultures to establish their potential as alternatives to Viagra, researchers found that horny goat weed contained icariin, a compound that inhibits the enzyme phosphodiesterase 5 (PDE5) inhibitor. Viagra's active compound, sildenafil, works by inhibiting PDE5. Try Fusion Health's Libido, a Chinese herbal tonic formulated with horny goat weed and tribulus, is designed to enhance sexual desire and physical performance.

Magic potion

The Damiana Herb has been keeping Latin Americans hot and frisky for centuries. Mexicans in particular swear by its aphrodisiac qualities, drinking damiana tea to get them in the mood as well as to treat conditions ranging from constipation to depression. According to herbalist Ellie Dyson, damiana helps with depression, energy levels, low oestrogen levels, female libido, impotency, menopause and premenstrual syndrome (PMS). To make the tea, add 250ml boiling water to one gram of dried leaves and steep for 10 to 15 minutes. Drink three cups per day over two weeks.



Oil up

Infused with four ancient herbal aphrodisiac properties and four essential oils, including Liriosma ovata, known as "the viagra of the amazon" and ylang ylang, which enhances attraction between lovers, Wildfire All Pleasure Oil can be used for massage and as a lubricant.

1) Ten tips that can help you reinvent your sex life:

1. Schedule sex parties

Couples who have been together for a while need to plan in advance the sex. "Set a date and time for sex. You can do whatever you want before, to go to a movie or to dinner, drink a glass of wine by candlelight. But make sure you do not skip sex," says Castleman.



Sex should be spontaneous and scheduling parties is unromantic love, some people might object, but Cole Weston Louann contradicts them. "Most couples, particularly those with children, have to plan the sex because their schedule is very busy. Sure, there are moments of spontaneity, but we must recognize that they are happy accidents".

2. Get out of the house

Another trick to a better sex life is out of the house. "For couples who have been together for a while, sex can become routine. You're exhausted after a day of work, after washing clothes after other tasks

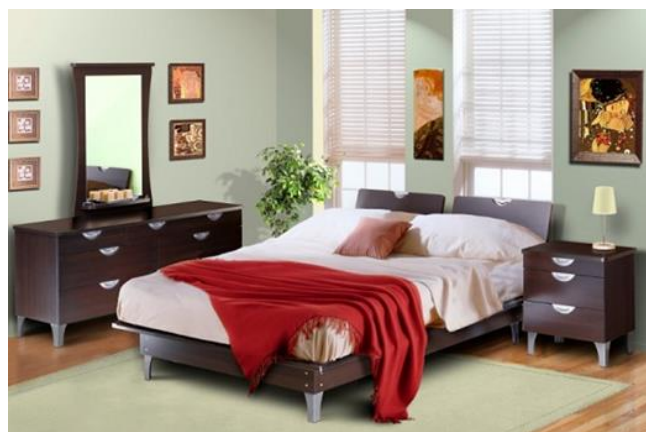
that you have done. And instead of champagne when you get the same house and why you find the refrigerator, do not wonder that you may not feel like sex, "warns Castleman.



After a while, sex in the house gets to be difficult. The mind boggling and you start to wonder if you turned on the alarm clock and how much it will cost to fix the stain appeared to ceiling.

3. Redecorate your bedroom

Sexual intercourse only at hotels and always using babysitter is impossible. So, besides the occasional exits, make some changes in the house and that could also improve your sex life.



"Redecorating the bedroom can make a big difference," says Weston. Of course, redecorating your bedroom does not mean you should buy a bed that rotates or that you should put mirrors on the walls. Make sure you do not want to scare your children or your maid. Even ambient lighting of candles or changing the sheets may have a beneficial effect.

4. Figure out what you really want

Everyone has different sexual fantasies, but many people simply do not realize very well what they are. If you would ask your partner one evening what is your biggest sexual fantasy, would you know what to answer him?



If you are unsure, you are not alone. "Some people have to make an effort to realize what really excites them. But finding these responses is essential for a better love life," says Weston.

5. Figure out what your partner wants

There is also the other side of the coin. You need to know about your partner and at the same time you need to know about you. What does he want from your sex life?



One of the biggest problems that couples encounter is that one partner wants to have sex more often than others. Speak openly about this topic in order to fall to an agreement.

6. Try something new

It may seem like obvious advice, not a trick, but many people have trouble trying new things in the bedroom.

"As couples have a longer history, the more conformist they are sexually. You might think it's just the opposite. As a sound



relationship would give them safety to try new things, this is not the case," said Weston, "we recommend couples to resist the urge to keep alive their sexual routine." You make the choice, be it provocative lingerie, massage or toys.

"Many people have misconceptions about sexual fantasies. It's not necessarily sadomasochistic practices or sex in a carousel. There are many ways you can experiment with something new," Castleman shows.

7. Do not ignore sexual problems

Sexual problems continue to be a big problem for many couples. People who have sexual problems don't want to admit failure and they don't have to. "Such problems must be solved," says Weston.

Erectile dysfunction is the most popular, but there are plenty of other issues: premature ejaculation, loss of libido or orgasm difficulty due to drugs or diseases.



Women are also not exempt from sexual problems: pain during sexual acts or inability to achieve orgasm. Sometimes a painful problem can be solved very easily with a tube of lubricant.

"Lubrication is very important, because in terms of a person's level of arousal, lubrication is the equivalent of erections for men in women," says Castleman.

It is essential however that all problems can be resolved before, so that sex parties take place in the best conditions.

8. Take it slowly

For some couples, the longer the relationship, the shorter become sex parties.

It's like when you move into a new neighbourhood, says Castleman. At first, when you move into a new place, try new



routes to various places of interest. After a while, however, identify the best routes and pick them yourself. The same happens with couples that get to know each other very well sexually.

Specialists warn that when it comes to sexuality, it is not important to reach the destination, but to enjoy the journey. Learn not to rush

9. Do not worry about what others do

Many couples ask themselves how often you should have sex a week, thinking all the while that the answer is "more often than we do now."



Everyone thinks they should have more sex, but couples should actually be concerned about how much sex they want and not how much sex they should have. There is a standard affair to be achieved and it depends on each person.

10. Keep trying.

A better sex life requires undoubtedly more work. Therefore, be prepared for failures and keep trying.

Under no circumstances should you be reconciled with a mediocre sex life.



Tell your man how badly you want him and how much you desire him- make that expression the motto of the month.

FOR A BETTER SEX LIFE YOU SHOULD TRY A DIFFERENT POSITION LIKE:

Pillow Position

Stack a pillow or two under your backside the next time your guy is in the missionary position. He'll be able to enter you at a deeper angle and you'll have a better orgasm.



Give Him A Peep Show

It's no secret that guys get off on sexy visuals. But teasing him with a personal peep show can be hotter than simply baring it all. So try strutting around in just your bra and panties when you're brushing your

teeth, folding the towels, whatever. He won't be able to take his eyes off you.

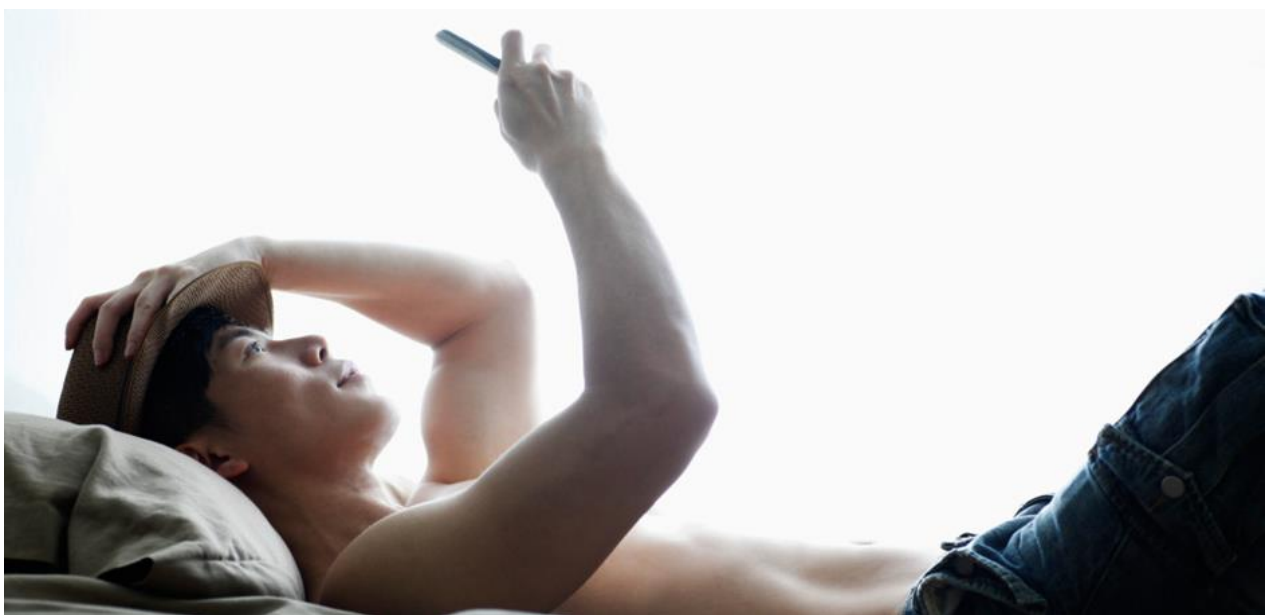
Scintillating Visual

Keep your high heels on while you and your guy do the deed. They'll make your legs look ultra-sexy, and give off a couldn't-wait-to-get-it-on vibe.



Great "Textpectations"

In the middle of the day, send your man a naughty text to get him psyched to see you later. Try something naughty like, "Don't work out too hard...you'll need your energy in the bedroom later!"



All you have to do in order to attract your man or a new man in your life is to be you, the natural, funny you.

In the future you will see the problems from a better side...you will find a faster solution and you will know when your man is looking at you, when he wants you. And of course you will know new methods of tempting him every time.

2) Eating Your Way To Better Sexual Health

What do grapes, oysters, and chocolates have in common? Well, aside from being food, they're all supposedly aphrodisiacs. For the unaware, an aphrodisiac is basically a food or drug that has effects on sexual health, typically by either making it easier to become sexually aroused or by boosting sexual performance.



Now, while all of the above foods have been known to release varying levels of endorphins into the body in the same way sex does, they are not necessarily all that beneficial to one's sexual health. Of course, that doesn't mean that food and meals don't play a part in a person's sex life, because there's quite a bit of scientific data saying that it does. Working from the top and going down, the brain is the core of all activity that concerns the body, including sexual functions. Replacing full meals with

snacks or junk food can seriously decrease the usual flow of nutrients to the brain, making it less capable of processing all the stimuli and emotions involved in sexual activity. In short, the lack of nutrients can dampen someone's ability to enjoy sexual intercourse.

Moving a little lower, it makes sense that sexual health is connected to the overall state of the circulatory system. Blood circulation is necessary not only for the proper functioning of internal organs but also for ensuring the functions of the male and female reproductive organs. So, if the heart or the blood vessels are in poor condition, it also has a detrimental effect on the body's ability to perform properly during sexual intercourse. Increased or improved blood flow helps increase the sensitivity to stimuli of the appropriate organs and heightens the level of physical endurance during intercourse.

For more specific help regarding food and sexual health, some might want to look into Nitric Oxide, which is not to be confused with Nitrous Oxide. Nitric Oxide (NO) is the substance found on the lining of the internal workings of male and female genitalia. Without it, men can't obtain or sustain an erection (even with proper blood flow), while women are unable to become lubricated, regardless of what stimulation is put in there. Some doctors suggest that the ingestion of arginine, another substance which encourages the body to produce NO. Arginine helps improve circulation and sexual health. Arginine is typically found in walnuts, almonds, and salmon.

Antioxidants, particularly the ones that are chemically abundant in dark chocolate, also have positive effects on sexual performance and health.

Antioxidants are linked to improved blood circulation, something that has already been mentioned as being beneficial to sex. Other good sources include tomatoes, spinach, garlic, red peppers, and red grapes. However, some point out that chocolate somehow also increases desire along with improving performance, likely because certain components in chocolate can improve circulation.



Oysters



Pumpkin Seeds



Onions



Fish



Garlic

Foods To Increase Libido Or Sexual Desire



Banana



Dates



Peanuts



Almonds



Blueberries

Here are some of the food ingredients that have been major players in aphrodisiac history and lore, and also have modern-day science to back up their claims:

- 1) Celery
- 2) Lobster
- 3) Leafy Green Veggies
- 4) Strawberries

- 5) Dark Chocolate
- 6) Nuts
- 7) Blueberries
- 8) Watermelon
- 9) A Carb-and-Protein Balanced Meal

Finally, in order to be able to attract any man you want, take into consideration the following steps:

Be Your Best Self

- * Before you attract a man, you need to develop self-confidence.
- * Develop your own identity and standard of values.
- * Maintain meaningful and loving personal connections.

Be Your Best Self—Physically

- * It's time to show off your looks through the right clothes and makeup.
- * Practice good hygiene.
- * Give your body the royal treatment.

Focus on Body Language

- * Make a good first impression.
- * Establish eye contact.
- * Have positive body language at all times.

Talk with him

- * Just say "yes". It does mean you should have a positive attitude and be interested in what he has to say.
- * Don't be afraid to be funny.
- * Show off your sharp mind.

Show what makes you unique.

If the conversation goes well, make plans to meet again, but if your plan fails, don't despair.

In the end, the quickest solution to find a man really is to focus on handling the other areas of your life and having a lifestyle that you really enjoy. When you do this, you' put yourself in control of your own happiness and will effortlessly attract great men into your life.