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A romantic sunset scene on a beach. The sun is low on the horizon, creating a golden glow over the water and sky. A couple is silhouetted against the bright light, embracing and kissing. In the background, two small wooden boats are beached on the sand.

Love, Lust & the Aquarius Man

STEPHEN WINTERS

Love, Lust & The Aquarius Man

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Introduction

If you're tired of clingy men, unadventurous men, dull men with little in the way of creativity, the Aquarius man may well be the one for you. If you enjoy stimulating conversation and are drawn to good causes, the Aquarius man is probably for you. If you love your 'me time' and find that the quality of the time you spend with *your* man is in direct proportion to the time you spend *away* from your man, then the Aquarius man is definitely for you.

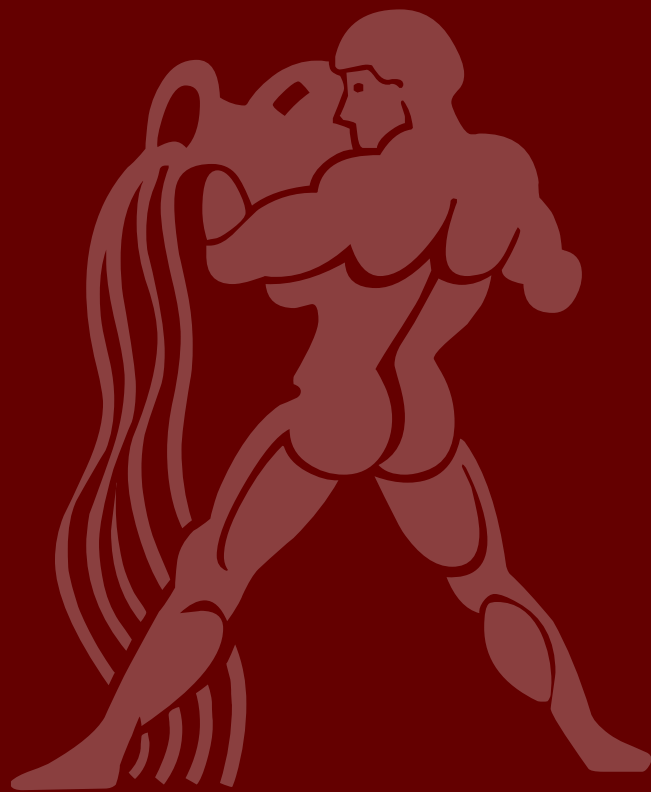
A relationship with an Aquarius man will be unconventional and exciting, fueled by dreams and optimism.

It will be a *spacious* relationship which will give you plenty of room to breathe, do your own thing and be yourself.

But it can also be a lonely place and a place peppered with hidden risks.

Let's take a closer look at the Aquarius man...

PART ONE
ABOUT THE AQUARIUS MAN



***‘I only ask to be free.
The butterflies are free’***

Charles Dickens

...an Aquarian Man

Chapter 1

Portrait of an Aquarius Man

If you've never seen him holding a placard, the chances are he *isn't* an Aquarius man. The Aquarius man is deeply principled, hates injustice, values freedom above all else and wants mankind to walk hand in hand toward a new and exciting utopia. Whilst this means the Aquarius man is very much the optimist he can occasionally sink into depression (or, at the very least, frustration) when the world simply refuses to do what's best for it.

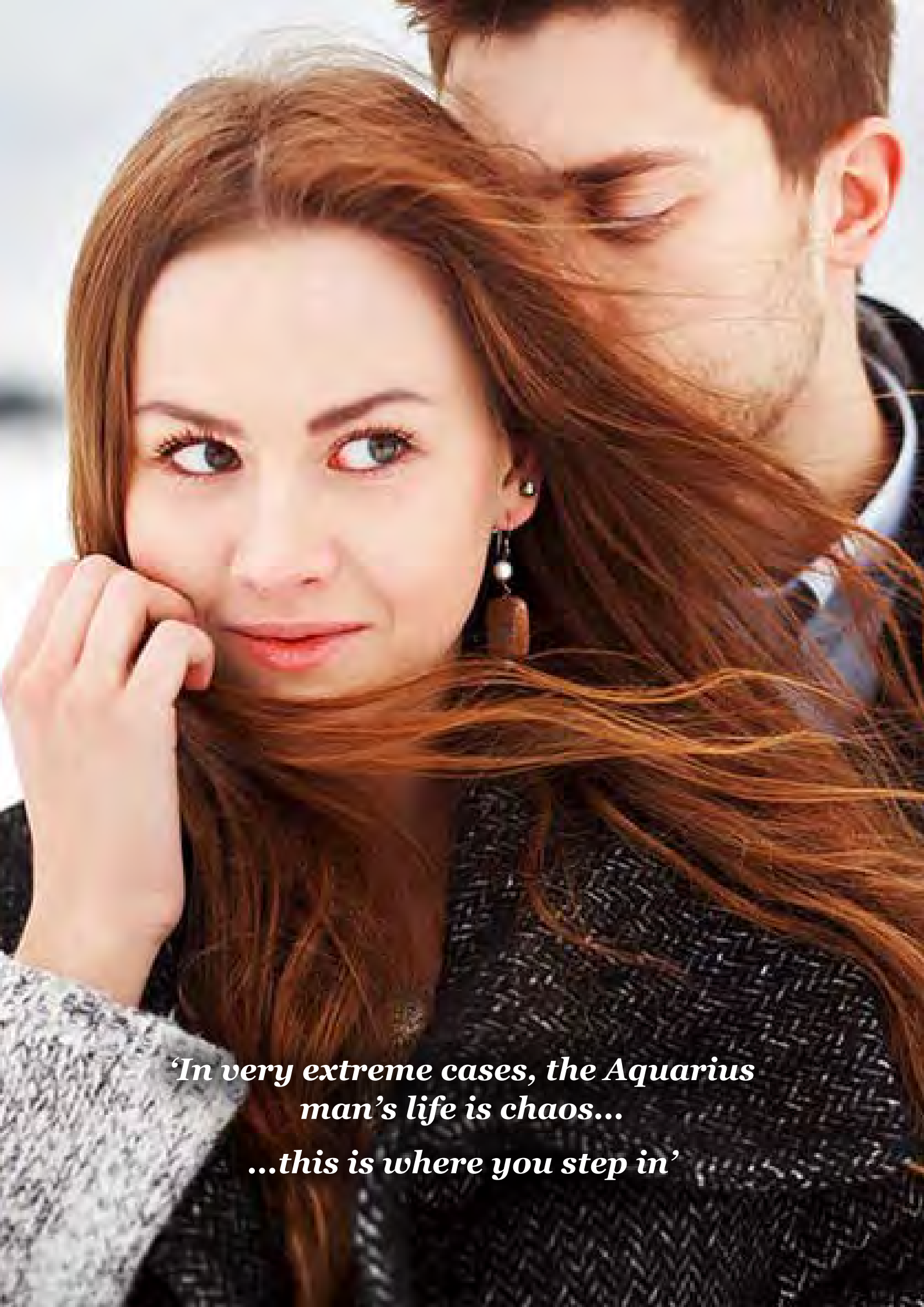
This desire to change the world also means the Aquarius man tends to be a creative, inventive, entrepreneurial, self-starter with an attitude of, "If you want something doing right, you've got to do it yourself" and "time and tide wait for no man" and so on. He also tends to be keen on technology, the more ingenious and cutting-edge, the better. He believes the future can be a better place, and that he can make the future a better place.

And if you can't recognise an Aquarius man by the list of good causes he wears on his sleeve or the fact that he always seems to be grasping the latest technological gadget, you'll know him by the eccentricity of his appearance. Aquarius men rarely conform to any given definition of current

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fashion. In extreme cases, his attire will rise to Jean Paul Gaultier levels of startling outlandishness that somehow works. Mostly, his fashion peculiarities will be more restrained, a flourish here, an unusual accessory there. He's very resistant to established looks, particularly any form of widespread pseudo-nonconformity. The recent rise of the excessively bearded, unnecessarily bespectacled 'hipster' will have sent a disturbing shiver down the spine of any self-respecting Aquarius man.

In keeping with his deeply principled stance on just about everything, the Aquarius man is unfalteringly honest. You can trust him implicitly with your deepest fears and darkest secrets. However, it may appear that he does not reciprocate your trust in him. Now, don't worry, it isn't that he doesn't trust you; he just has a major problem opening up. I mean, 'closed book' just isn't in it. The Aquarius man is a closed book placed in small padlocked wooden chest placed in the kind of safe you normally only see in banks in old western movies. And the safe has been dropped into the ocean. A really deep part of the ocean. Put another way: he's a challenge. If you've got the map, the right diving equipment and you're an expert emotional safecracker and lock-picker, then you've nothing to worry about.



*'In very extreme cases, the Aquarius
man's life is chaos...*

...this is where you step in'

Love, Lust & The Aquarius Man

And speaking of honesty, the Aquarius man finds *dishonesty* in others a very unattractive feature. Even if that dishonesty doesn't affect him directly and is directed toward others. If he discovers that you have misled, deceived or betrayed someone, he will find it difficult to trust you.

Many Aquarius men are keen travelers. Not all, but those that are will eschew the conventional vacation. When they come back from a trip, he is much more likely to show you photos of the Santa Catalina Monastery, Peru, or the Sunland 'Big Baobab' in Modjadjiskloof, Limpopo Province, South Africa, than he is Walt Disney World, Florida. Even if he doesn't travel far, it will tend to be to local places of natural beauty or of 'special scientific interest' or because there's a single weird little attraction there. This can be an annoying trait because he can come across as one of those 'off the beaten track' types. You know the ones. The friends or colleagues that make you feel like you're wasting your life because you like to spend your vacation time lounging by a pool unwinding and you've never eaten an alpaca's testicle sautéed with nsenene.

Wherever he goes, from Geelong, Australia to the deli a block away, the Aquarius man accumulates friends and associates like he's actively and deliberately trying to make a 'people collection'. And he is. Maybe not deliberately.

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Or not entirely deliberately. But he does pride himself on the sheer depth and breadth of his social circle and commercial network. I would hazard there isn't a single Aquarius man on LinkedIn who doesn't have the words '500+ Connections' on their profile.

It isn't really surprising that the Aquarius man makes so many friends. He is extremely social and very bright. An Aquarius man is the kind of guy who can talk to just about anybody on the subject of just about anything, and comfortably hold up his end of the conversation. In fact, if his conversational partner begins to flounder, he's more than happy to hold up their end of the conversation, too.

The Aquarius man's social life is always full, but never organized. His love of freedom, particularly his own personal freedom, often manifests as an aversion to schedules and planning. Consequently his diary is always bursting at the seams but he never quite knows what he's doing next, only that it will be *something*.

This lack of organization spills over into the rest of his life, too. In extreme cases, the Aquarius man's life can appear to be chaos. In *very* extreme cases, the Aquarius man's life *is* chaos. This means there are two types of Aquarius man. The first is the successful Aquarius man who through innovation, intelligence and energy has created a good life for himself. The second is the unsuccessful Aquarius man

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who, whilst being innovative, intelligent and energetic, has failed to contain the chaos in his life. There can be a fine line between these two types of Aquarius man. Often, the Aquarius man can be kept on the right side of that line by the love of a good woman.

This is where you step in.

***'Life is one big road with lots
of signs. So when you riding
through the ruts, don't
complicate your mind.
Flee from hate, mischief
and jealousy. Don't bury
your thoughts, put your
vision to reality.
Wake up and live!'***

Bob Marley

...an Aquarian Man

Chapter 2

Is he an Aquarius Man

If you know for sure that he's an Aquarius, you can skip this chapter. If you're a little uncertain, read on.

Okay, so you think he's an Aquarius man, but there's no way of knowing unless you steal his wallet, hack into his computer or start asking too many questions of his closest friends. All these activities are likely to see you on the sharp end of a restraining order.

However, it is possible to identify with some degree of accuracy whether or not the guy you have your eye on is an Aquarius man, without having to resort to espionage.

Many Aquarius men have a particular physiognomy, build and deportment.

Above the Neck

Fine, almost delicate, facial features are typical of the Aquarius man. This along with the dreamy, faraway look in his eyes, combine to make him seem somehow ethereal, maybe even a little angelic.

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If there's something a tad cherubic about the guy you've set your sights on, he's probably an Aquarius.

If, when you talk to him, he tips his head to one side, a little like a bird, then he's almost certainly an Aquarius man.

Below the Neck

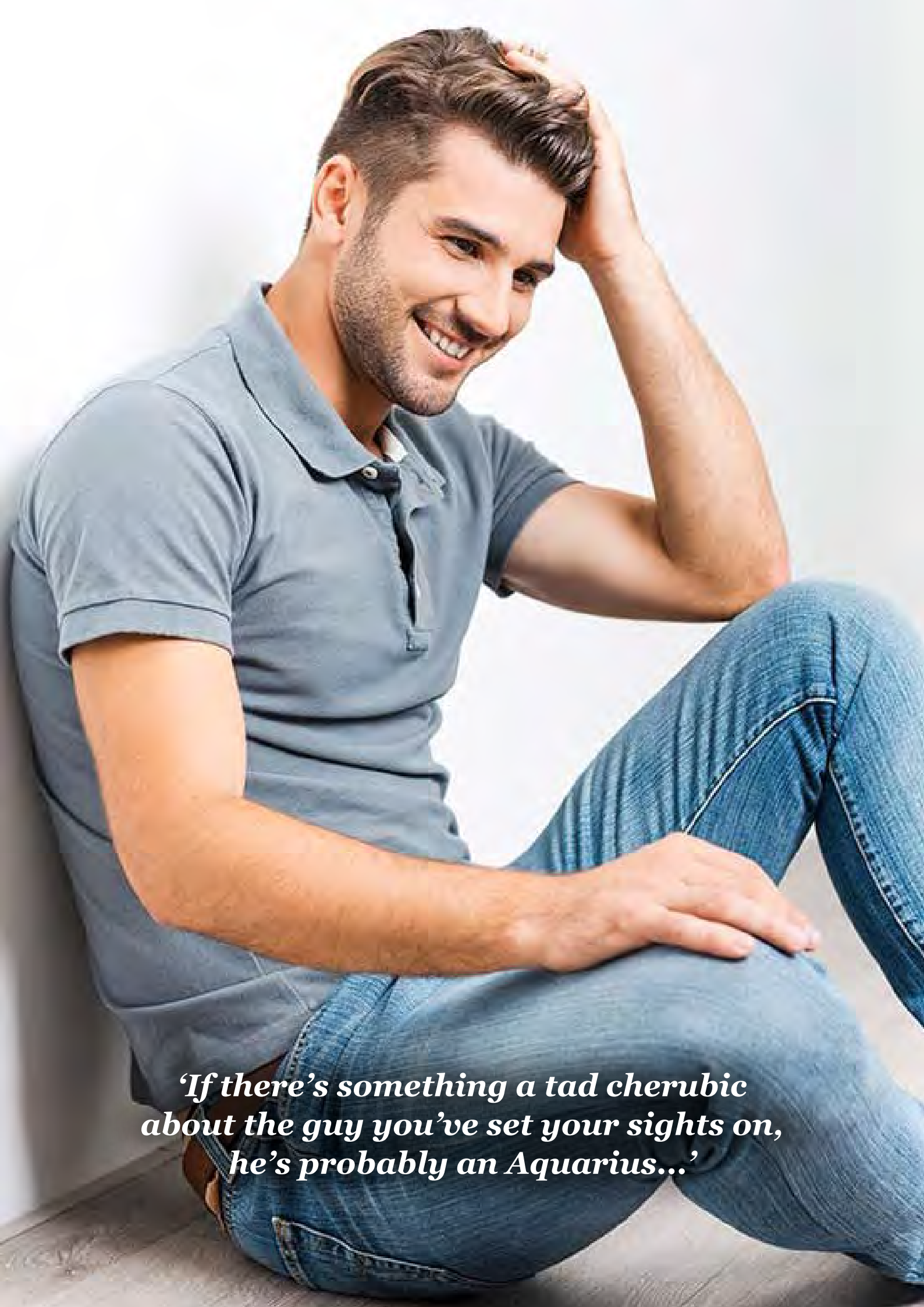
The Aquarius man tends to be tall with long limbs. They can often appear gangly but this is frequently countered by a good solid build which pulls everything together nicely.

Other Notable Features

That faraway dreamy quality in the eyes can sometimes manifest itself as a cool, intellectual detachment, which can give the impression that the Aquarius man is rather uncaring or aloof, but this is usually far from the case.

Celebrity Aquarius Men.

Although many of the men in the following list may appear to fly in the face of everything you have just read in this chapter, you may find, upon closer inspection, that there's just something a little bit 'Aquariusy' about them. A dreamy look in the eye, an angelic smile...



‘If there’s something a tad cherubic about the guy you’ve set your sights on, he’s probably an Aquarius...’

Love, Lust & The Aquarius Man

Famous Aquarians include Ashton Kutcher, Bob Marley, Christian Bale, Harry Styles, Joseph Gordon Levitt, Josh Brolin, Justin Timberlake, Mahershala Ali, Michael B. Jordan and Tom Selleck. But the celebrities who might most be considered *archetypical* Aquarius men are Tom Hiddleston, Paul Newman and Damian Lewis.

***'I've gone seventy-nine hours
without sleep, creating. When
that flow is going, it's almost
like a high. You don't want
it to stop. You don't want to
go to sleep for fear of
missing something'***

Dr. Dre

...an Aquarian Man

Chapter 3

Where to Find an Aquarius Man

If you've set your heart on the *idea* of an Aquarius man but you don't have a particular individual in mind, here's where you need to start looking.

Unusual Vacation Spots

Most Aquarius men love to travel to exotic and interesting places. If you like to travel, too, then keep a look out for that tall guy with the dreamy look in his eyes, travelling alone but making friends with just about everyone. If you're in a Hindu temple, standing next to one of the Seven Wonders of the World, in the kind of plane you normally see in an Indiana Jones movie or travelling through the night on a steam train, then you're probably a stone's throw from an Aquarius man.

The Workplace

The Aquarius man does not like run-of-the-mill employment. Chances are he'll be self-employed, as he doesn't like to be told what to do. You're more likely to meet him at a networking event for local business people than in the canteen of a big corporation. If he does work

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for someone else, then it will likely be some kind of creative enterprise: an advertising agency, an independent publishing company or an architectural practice. If he does work for a corporation, you'll find him in the marketing or public relations department or in some kind of product development role.

Social Situations

Look for the Aquarius man in unusual venues, not run of the mill bars and restaurants. If the place has an off-beat menu, quirky bands and live acts and furniture made out of old bicycle frames, he'll be there. He loves places which inspire creativity, so take a look in your local art galleries, particularly modern art galleries with a penchant for work that inspires utter bewilderment in most people. And wherever you find him, he's almost certain to be surrounded by people, talking expansively about whatever exhibit has caught his eye and fired his imagination.

Chapter 4

... and the Aquarius Man

Now, over at the Astrology of Love website, we're not big on astrological compatibility as an algorithm. We prefer to describe the man in question, his perfections and his flaws, and let you decide for yourself whether or not you're equal to the challenge he represents. However, it's worth exploring, if only briefly, the algorithmic approach, even if it's just to create a baseline from which to conduct your romantic experiment.

The Aries Woman and the Aquarius Man

The Aries woman tends to be impulsive and independent and this works well with the equally autonomous Aquarius man. His cool Air Sign intellect can be the perfect salve for her Fire Sign storminess. Both are passionate and committed, however the apparent detachment of the Aquarius man can lead the Aries woman to arrive at the conclusion (quite wrongly in most cases) that the relationship is somewhat one-sided.

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The Taurus Woman and the Aquarius Man

The Taurus woman looks for stability and constancy in her man. These are qualities that may appear to be lacking in the Aquarius male. He likes flux and experimentation. He bores easily and demands new challenges and exciting experiences. However, the Aquarius man is also in possession of a keen intellect. He may well recognize his own potential for recklessness and perceive the Aries woman as a vital anchor, crucial to his survival in a world that can be extremely unforgiving of the impulsive.

The Gemini Woman and the Aquarius Man

The Gemini woman gives the Aquarius man a run for his money. She is equally, if not more, attracted to novelty and intellectual stimulation. The Aquarius man's off-the-rails existence may seem utterly predictable and dull to the Gemini woman. However, as Gemini is perhaps the most reckless sign of the zodiac, the Aquarius man can bring a degree of stability without harshing her buzz, as it were. This may well be the most exciting combination of zodiac signs, and guarantees an eventful life. Though not necessarily a happy one.

Love, Lust & The Aquarius Man

The Cancer Woman and the Aquarius Man

This combination can make for a very effective relationship. The carefulness of the cancer woman can counter the impulsiveness of the Aquarius man to minimize potentially hazardous waves. However, it can just as often produce conflict, as the cancer woman feels like the mature component of the relationship and the Aquarius man feels as if she is restricting his movements and reducing his options. That being said, the Cancer woman likes to do things her own way, has her own routines, and the Aquarius gives her the space to indulge that characteristic.

The Leo Woman and the Aquarius Man

The Leo woman takes a full-on approach to any relationship, which can be at odds with the more detached approach of the Aquarius man. The Leo woman loves to be loved but the Aquarius man, though he does love and loves deeply, is not the world's best when it comes to demonstrating that love. They both love to socialize, however, and it is in public, with an audience, that both the Aquarius man and the Leo woman thrive.



‘The Aquarius man is attracted to mystery, and the Scorpio woman likes to have her secrets...’

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The Virgo Woman and the Aquarius Man

Security, stability, certainty. These are of the utmost importance to the Virgo woman. As you've already learned, these are perceived as shackles by the Aquarius man. The Aquarius man loves to socialize; the Virgo woman prefers to stay at home with her family. His head is in the clouds; her feet are planted firmly on the ground. This isn't to say the Aquarius man and Virgo woman are fundamentally incompatible. They are both amongst the most intelligent personalities of the zodiac, so if anyone can figure out how to make a tricky relationship work, it's these two brainboxes. They may even find the intellectual challenge and puzzle at the heart of their relationship becomes the very bedrock of their relationship.

The Libra Woman and the Aquarius Man

The Libra woman and the Aquarius man are both optimists, so even if their relationship hits the rocks, they can still see the light at the end of the tunnel (if you'll pardon my very mixed metaphor). But there is very little that can drive their relationship toward the rocks. Both place a high premium on fairness, decency and 'doing good'. Both respect the other's decisions, will support them in their actions and will be there for them if things don't work out for the best. Although the Aquarius man can be selfish and the Libra woman can be a little self-absorbed, their innate sense of

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natural justice will almost always ensure at least one of them realizes that they are being unfair and makes amends. And because of their optimism, their sense that things can (and will) get better, neither of them is very likely to simply throw the towel in and abandon the relationship.

The Scorpio Woman and the Aquarius Man

The Aquarius man is attracted to mystery and the Scorpio woman likes to have her secrets, so we're off to a good start. She has a tendency to lean toward the 'dark side'. He is one of life's 'shiny happy people'. Rather than cause a clash, they can often rub off on one another, producing a Scorpio woman with a slightly brighter outlook and an Aquarius man who feels things a little more deeply. It is possibly in the bedroom that this particular pairing might struggle. The Scorpio woman is incredibly passionate and extremely sensual. Sex for her is not simply an act of love, nor is a recreational activity. It is her reason for living. It is at the core of her being. The Scorpio woman does not want her partner to be her friend, he wants her to be her lover. The Aquarius man places friendship before passion. This is not insurmountable. The Aquarius man also likes to learn and is eager for new experiences. When it comes to the bedroom, the Scorpio is more than happy to lead and is a seemingly inexhaustible well of sexual experiences.

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The Sagittarius Woman and the Aquarius Man

Like the Aquarius man, the Sagittarius woman loves her freedom. Consequently she is unlikely to commit the ultimate sin of making the Aquarius man feel trapped or shackled. They are both social animals, loving the company of others, and the more the merrier. They are both adventurous and spontaneous, attracted to novelty and repelled by routine. In many ways theirs is the perfect matching, as they are rarely likely to clash. But every relationship needs a grown-up sometimes, someone to make sure things don't get out of hand and that the important day-to-day tasks like, paying the bills, get done. Thankfully, both personalities are bright and the Aquarius man does, despite his head-in-the-clouds tendencies, have a reasonably wide practical streak. So, the chances are they'll work out how to have their fun and live (at least some of the time) in the real world.

The Capricorn Woman and the Aquarius Man

Speaking of grown-ups, I'd like to introduce you to the Capricorn woman. Goal-orientated, the quintessential planner, somewhat materialistic and eminently sensible, she is, in many ways (many, many, many ways) the opposite of the Aquarius man. His spontaneity will drive her crazy and her need to organize everything to a precise schedule will make him feel like he's being suffocated. But it *can* work. In the bedroom, for example. Sex isn't

Love, Lust & The Aquarius Man

a big deal for either of them. It isn't that they don't enjoy sex, because they do, it's just that they don't let it distract them too much. And whilst the Capricorn woman will be horrified by the way the Aquarius man tends to leap before he looks, she will admire his entrepreneurial zeal and will see his almost effortless ability to have groundbreaking ideas as a genuine asset. She's likely to think, "He's an absolute nightmare but I think I can fix him." Whether this is entirely wise or not depends on the determination of the Capricorn woman and just *how much* of an Aquarius this particular Aquarius man is.

The Aquarius Woman and the Aquarius Man

A relationship between an Aquarius man and an Aquarius woman is likely to be more of a friendship with occasional romantic and sexual flourishes. In many ways, it is the perfect pairing because neither wants a conventional life, both love to socialize, travel and try new things and neither would consider for a second bursting the other one's bubble when it comes to dreams, fantasies and ambitions (which all kind of smooch into one with the Aquarius personality). Every day they give each other the greatest gift that any Aquarius man or woman can receive: space. Space to be who you want to be, to imagine, innovate and create. The only downside, as with the Aquarius man and Sagittarius woman combination, is that they can sometimes be in danger of skipping hand in hand over the edge of a cliff

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with neither of them any the wiser. Just got to hope at least one of them has a sensible friend or sibling to be the voice of reason when they begin veering cliffward.

The Pisces Woman and the Aquarius Man

Both the Aquarius man and the Pisces woman have dreamy personalities and possess deep reserves of kindness. On the spiritual level they are very alike. And, in some case, this can be enough for them to form and cement a strong relationship. However, on an emotional level, he and the Pisces woman are very different. The Pisces woman needs the security of frequent reassurance and the Aquarius man, floating around inside his own head, can be distant and even cold. This can make for a very isolating experience for the Pisces woman.

The Pisces woman is also very patient and this can mean she tolerates the Aquarius man's behavior for far too long, until these attitudes become ingrained and almost impossible to change. The key is for the Pisces woman to nip these behaviors in the bud as soon as possible. She has a soft and gentle way about her that the Aquarius man will find almost impossible to categorize as 'nagging'. In some cases, the fact the Pisces woman is a whirl of emotions can render her mysterious to the Aquarius man

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(not known for his emotions) and this can draw him to her, as he sees her as some strange alien creature.

But, as I said before, regardless of your own sun sign, only you truly know if you can make it work with an Aquarius man. Let the chapters that follow be your guide.

***‘In the end, it’s not the years in
your life that count. It’s the
life in your years’***

Abraham Lincoln

...an Aquarian Man

Chapter 5

The Gregariousness of The Aquarius Man

The Aquarius man is lighthearted, frivolous and extremely sociable. If you meet an Aquarius man named Greg, it is almost certain that it will be he who put the Greg in gregarious.

On the one hand, this is great. He isn't shy or unapproachable. On the other hand, it can be tricky because getting him alone long enough to ask him out or suggest that you might be available to be asked out can descend into farce.

To get time with the Aquarius man, you're going to have to socialize with his group, then inch your way through to the inner circle. This can take a little time. Unfortunately, time is the one thing you don't have. Because the Aquarius man doesn't tend to stick around for long. They are notorious for moving from job to job and employer to employer. They can even change their entire social circle. It's not uncommon to meet an Aquarius man who you knew a couple of years ago and discover that *everything* about his life has moved on: he's got a different job, a different *career*, living in a different city, with a different partner

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and rocking a completely different look. He may even have picked up entirely new behaviors or a little bit of an accent.

The trick is to find out what he does in his spare time and identify which of these interests is shared with the least number of his friends and acquaintances.

Example

Camila has been trying to get a little bit of alone time with Andre. But Andre doesn't appear to do anything without at least nine other people present. One of whom is Karen, who has also been trying (and, thankfully, failing) to get some alone time with Andre too.

When Andre goes for a meal, everyone goes for a meal. When Andre goes to the movies, everyone goes to the movies. Andre doesn't play one-on-one sports like squash or badminton, he plays team sports like volleyball, softball and basketball. And whether it's a meal, a movie or volleyball, Karen is *always there*. Luckily, Camila is a lot smarter than Karen. Camila listens when Andre talks, whereas Karen simply gawks at him like a lovesick puppy (which Camila understands *perfectly*. Those *eyes...*). Camila learns that Andre used to draw and paint when he was a kid but stopped in his late teens when being cool and socializing became everything. Camila also used to draw and paint, and still does from time to time. She's never

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going to have her work exhibited in some fancy gallery in New York but she's pretty good. More importantly, the only thing Karen can draw is a hot bath.

Camila does a little research and finds a small gallery close to work that also provides evening classes. She books herself a place. Then, during an over-attended dinner, Camila, who has managed to get within two seats of Andre for once, mentions how much she's looking forward to starting her new illustration class. Andre's interest is immediately piqued. More importantly, nobody else at the table has so much as a teaspoon of artistic talent. They might *want* to tag along, but they can't without looking foolish.

The following week, Camila and Andre attend their first illustration class together. And Camila has him all to herself.

Karen no longer talks to Camila. But that's a price Camila is willing to pay.

***‘You try to be yourself, do only
what you’ve always done and
like to do, and right away, you’re
tagged as an oddball’***

James Dean

...an Aquarian Man

‘The Aquarius man is extremely principled. He doesn’t flip-flop in his beliefs and opinions. He is upright and proud...’



Chapter 6

The Righteousness of The Aquarius Man

The Aquarius man is extremely principled. He doesn't flip-flop in his beliefs and opinions. He is upright and proud. And you'll have to be, too.

Now, this doesn't mean you have to share his beliefs, but if you do it certainly won't hurt. This is where many women come unstuck in their pursuit of the Aquarius man. It is tempting to pretend you share his beliefs when, in fact, you do not. Whilst this might work as a strategy in the short term, in the long term you are likely to trip yourself up.

The key is to respect *his* beliefs whilst standing up for your own. Also, don't take a position too soon if the matter under discussion is something to which you have given very little thought. The Aquarius man will be far more impressed by a woman who says, "I'd really need to give it a lot more consideration before I ventured an opinion" than someone who jumps right in and hastily nails their colors to the mast without due reflection and later has to change their position.

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In the extreme Aquarius man, 'principled' can mutate into 'opinionated'. Which can make him an almighty pain in the ass. You've got two choices in this case. The first is to just put up with it. Which is fine if you're the kind of person who can just let these things wash over you, like water off a duck's back, or if you're the kind of person who's comfortable parroting the phrase, "We'll just have to agree to disagree."

The second is to stand your ground. Just be prepared to do it well. If you're ill-informed and try to stand up to an opinionated Aquarius man, things are going to get ugly and it's quite possible he'll lose respect for you. If you stand your ground successfully and force him to reevaluate his own opinions, his respect for you will grow. Okay, he may have a colossal sulk first, but after that he'll respect you.

***‘So much time is wasted on trying
to be better than others’***

Elijah Wood

...an Aquarian Man

Chapter 7

Mystery and The Aquarius Man

The Aquarius man is attracted to mystery. He's very much the opposite of the Capricorn man in this respect. The Capricorn man likes, in fact needs, certainty. Known quantities are the sound bedrock of his existence. Not so, the Aquarius man. The more mysterious you are, the better as far as the Aquarius man is concerned. If he asks you what you're up to this evening, better to respond with, "Oh, you know, this and that" rather than go into your entire itinerary.

Examples

The Aquarius Man asks, "So, where did you work before you came here?"

Wrong answer: "I worked for a logistics company across town, in their accounts department. My main job was chasing-up late invoices. Threatening legal action. That kind of thing."

Right answer: "Where *didn't* I work before I came here? I don't know why I bother with a resume, I should just have a Wikipedia entry."

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The Aquarius Man asks, “How did your last relationship end?”

Wrong answer: “We identified that we had some significant differences and decided it would be mutually beneficial if we were to call it a day.”

Right answer. “I can’t really talk about it. I’ve lost count of how many times I’ve said his name and, you know, if I say his name five times, he might just appear and murder us all, like Candyman.”

The Aquarius man asks, “That’s a nice dress. Where did you get it?”

Wrong answer: “I got it from Ralph Lauren. They had a sale on. It was a real bargain!”

Right answer: “This little thing? You know, I really can’t remember. You know what? I’m not even sure it’s mine.”

You need to give the Aquarius man the sense that there’s far more to you than meets the eye. If you leave him with the impression that you might actually be on the witness protection program having witnessed a gangland slaying in New Jersey, you’re onto a winner.

Love, Lust & The Aquarius Man

A True Story

I once worked with a guy who was nearing retirement. I asked him one Friday afternoon if he had anything interesting planned for the weekend. He told me he and his wife of more than 40 years were going to visit a small market town and they were staying at a nice hotel.

The following Monday, I asked him how his weekend away had gone. He told me he'd had a lovely time and he'd also had a delightful surprise. I asked him what the surprise was and he told me there was a grand piano in the restaurant of the hotel where they were having dinner. At some point in the evening, his wife had gone to visit the ladies' room. He was beginning to wonder where she'd gotten to and then his attention was caught by the sound of someone playing the piano *beautifully*. He listened for a while, then realized his wife had been gone for an *awfully* long time and he worried she might be ill. He made his way to the bar to ask someone to check on his wife. This took him past the piano. He glanced at the piano player and realized it was *his wife*. When he asked her how she'd managed to learn to play the piano without him knowing, she said, "I've been able to play the piano since I was nine years old." He asked her why she'd never told him. She said, "You never asked. And it's always nice to have secrets."

That's the kind of woman an Aquarius man loves.

‘It’s funny, but when I arrived in California to start college I was much more interested in becoming a surfer and cruise along in life from one beach to the next. I didn’t plan out any huge career for myself’

Benicio del Toro

...an Aquarian Man

Chapter 8

Reading The Aquarius Man

The Aquarius man can be difficult to read. This can present a serious pitfall to the woman who has set her heart on an Aquarius man, as it can be hard to judge his true feelings. The Aquarius man can be very affectionate to just about everyone to whom he feels reasonably well disposed. He isn't necessarily flirty, just very friendly. Moreover, he can be friendly toward people he doesn't even *like*. And to make things worse, he can act happy when he's actually feeling sad, can look pissed off when he's actually perfectly content, can appear serious when he doesn't give a damn and can seem frivolous about something which is deeply important to him. This leaves you with the dilemma of trying to figure out just what his true feelings are toward you.

The solution? Learn to read body language.

Now, the study of body language is a complex and difficult area of social science. So, we've only given you the basic here and, obviously, focused our efforts on the romantic and sexual areas of body language.



*'The Aquarius man can be
difficult to read...
...he isn't necessarily flirty,
just very friendly'*

Love, Lust & The Aquarius Man

Positive Signs

Frequent lingering glances

This pretty much goes without saying. If a guy meets your eyes for more than a second or two, particularly when neither of you are speaking, this is generally a sign of attraction. Persistent, unblinking eye contact is another matter: you'll find that one under 'Negative Signs'...

Open arms

As opposed to folded arms, suggests a man is comfortable in your presence, particularly if his hands are relaxed, with palms visible.

Leaning forward

If a man leans forward when speaking to you, especially when unnecessary (i.e. you're not in a noisy environment), this is an indication that he is seeking intimacy.

Speaking in a lowered voice

This suggests intimacy and is often employed unconsciously as a technique to encourage you to lean forward, bringing you within easy reach.

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Facing straight toward you with shoulders relaxed

This is a posture of honesty. Generally, when people are attempting to mislead you, they will turn away slightly.

Feet pointing toward you

This is another sign of interest. Some body language experts say this can be interpreted as a very obvious sign of sexual attraction.

Hands in pockets

This can be interpreted as a sign of sexual interest, particularly when the thumbs are in pockets with the rest of the hand pointing, erm... downward.

Eyebrows raised unnecessarily (i.e. when unsurprised)

Because the eyebrows are particularly difficult to control, this is often a secret giveaway of physical attraction.

Mirroring your movements

If he mirrors your movements, even if only slightly, this is often a sign of attraction. Here's a useful test: make a sudden movement with your hand and see if his moves slightly too.

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Fiddles with his earlobe

In fact, if he fiddles with anything (jewellery, watch strap...), this typically implies an eagerness to touch.

Blinks a lot

Rather like the eyebrow raising, this is a difficult one to control and can imply an overload of thoughts and feelings.

Running a hand through his hair...

... or adjusting his clothing. These are grooming activities and usually mean he's trying to look his best for you.

Stroking himself

On the arm, for heaven's sake, the arm! Or leg. This typically indicates a desire to be stroked by the person they are talking to. That would be you.

Negative Signs

Folded arms

This is a defensive gesture and can generally be interpreted as a categorical 'go away and leave me alone'. However, you'd do well to keep in mind that some zodiac men are naturally defensive and untrusting (Taurus, for example), so it could well be a case of 'it's not you, it's him'.

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Body turned away

This is an obvious sign of disinterest and can be read as, “I’d rather be talking to someone else.” However, it can also be an indication of shyness. So, with a Pisces man, this kind of posture can be typical and shouldn’t be taken too personally.

Persistent Eye-Contact

As opposed to regular eye-contact, which is a sign of interest, persistent, unwavering eye-contact can be a sign of anger.

Standing Side-On to You

Sometimes referred to as the ‘fencing position’, this indicates the urge to get away.

Pressed Lips

This demonstrates an unwillingness to communicate with you. Or maybe they had a garlic baguette for lunch and don’t want to frighten you away!

***‘We forge the chains
we wear in life’***

Charles Dickens

...an Aquarian Man

Chapter 9

Don't Smother The Aquarius Man

The Aquarius man is not the clingy type. And he most certainly does not appreciate a clingy partner. He values his independence, likes to be free to do all the things he did before he was in a relationship. In fact, he doesn't see why being in a romantic relationship should in any way effect his existence in a detrimental fashion. This doesn't mean he wants to remain single, although he's perfectly happy to remain single, just that he should be able to live *most* aspects of the single life whilst in a relationship. I say 'most' because the Aquarius man is perfectly capable of monogamy. He isn't a player.

This aspect of his personality can appear an insurmountable obstacle to those who set their sights on an Aquarius man, but it's a lot simpler to deal with than you might think.

The Aquarius man also likes his romantic partner to be his *friend*. In fact, it's very important to the Aquarius man that his wife or lover be a friend, too. When you're in a relationship with an Aquarius man, just be sure to give an equal amount of time to being his pal as to being

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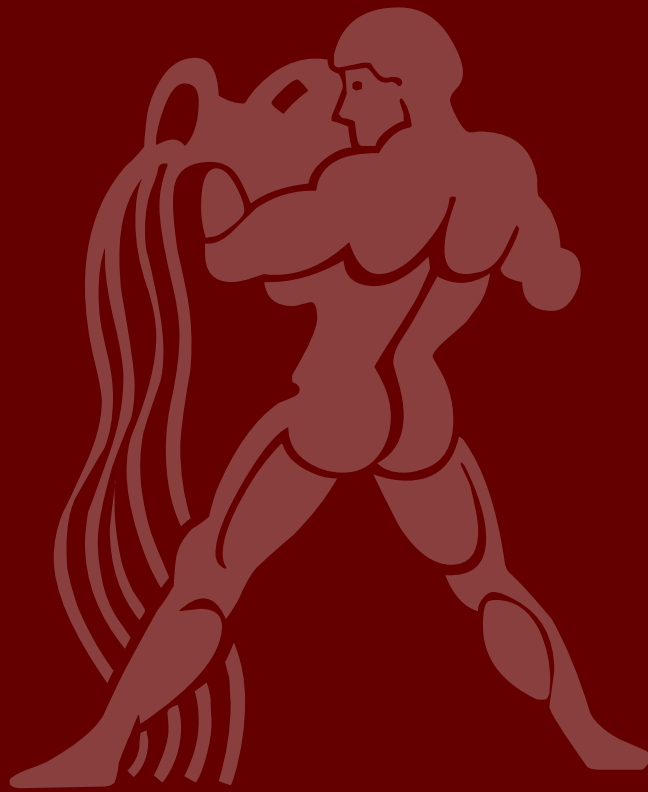
his lover. Romantic activities are fine, but make sure, as a couple, you mix in a broader social group, do the kind of things you'd do with your friends or he'd do with his. This way, even when you're together, you're not together in a strictly romantic situation. That being said, you're going to need to give him time away from you. This is great if you're the kind of woman who also likes her space, has her own friends, her own interests and social activities. If you're the kind of woman who wants to be with their partner as much as work and sleep will allow, you could find yourself a little frustrated, even a little unloved. Just remember, the Aquarius man doesn't want to be 'away from you', he just wants a slice of life that's his and his alone. If that doesn't sit right with you, you may want to consider a Cancer man or a Pisces. If that's simply out of the question and the Aquarius man is the only man for you, then you're probably going to have to get used to having a little 'me time' whether you want it or not. My advice? Learn to like it. Do things you love in your 'me time', find out more about yourself, expand your horizons, spoil yourself.

***‘The greatness of a man is not in
how much wealth he acquires,
but in his integrity and his
ability to affect those around
him positively’***

Bob Marley

...an Aquarian Man

PART TWO
YOUR RELATIONSHIP WITH
THE AQUARIUS MAN



Chapter 10

The Perfect Date for the Aquarius Man

The Aquarius man loves the unusual. So, don't go for the conventional dinner and a movie kind of thing. Look for unusual things to do in your city and suggest that. Make it sound like it's the kind of oddball stuff you like to do all the time. By all means have the obligatory romantic dinner afterwards but make sure you've given him a good dose of quirky beforehand. Or you could kill two birds with one stone and find an unusual restaurant.

This is such an easy thing to do nowadays. Just call on our old friend Google.

Example

I've just Googled 'strange things to do in New York' and found the quirky little nugget that follows. *The Conjuring Arts Research Center*: "Books of illusion, conjuration, religion, and history, artifacts of magicians, handcuffs, magical props and tricks line the walls of this 12,000 book library. With texts and objects dating back as far as the 1400s, the Conjuring Arts Research Center of New York

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boasts an incredible collection of magical resources. As magicians are a fairly secretive bunch, this is one of the few places the layperson can actually unlock the secrets behind the world's greatest illusions and magic tricks." How cool is that?

Google 'weird restaurants in Chicago' and, amongst many strange delights, you'll find the Alinea Restaurant where "molecular gastronomy deconstructs the food we are accustomed to into constituent taste, texture, and shape, and then produces new and unexpected thrills for the senses. You'll encounter such strange delights as solid sauces, "spherified" dips, mustard ice cream, distilled liquid of Thai green chilies and lemongrass served in a shot-glass, honey foam, and liquid nitrogen frozen marzipan. Preparation processes for these dishes often include freezing to extremely low temperatures, rapid heating, or various kinds of chemical manipulations that make use of congealing or dehydration agents." Again, cool. The Aquarius man will love it.

‘I love the new technology. New things give you a reason to want to go to the studio. New challenges mean you have to keep up, you know?’

Dr. Dre

...an Aquarian Man


Chapter 11

What to Wear for the Aquarius Man

Now, nobody's saying you should dress for anyone other than yourself. This little chapter here is just about the kind of colors, cuts and even fragrances the Aquarius man responds well to. You may find the recommendations entirely at odds with your own sensibilities. If so, feel free to jump onto the next chapter. Alternatively, you could take some of what I've written here and subtly integrate it into your own sense of aesthetics.

As with the choice of date location or restaurant menu, the Aquarius man responds well to the unusual. So sift through your wardrobe for those items that are a little bit different. Nothing too outrageous, just a little bit of offbeat shaping or an unconventional cut, something a touch avant-garde. He likes unconventional colors, too, but responds very well to bright colors, such as yellow or electric blues.

If you do nothing else, make sure what you wear for your date is significantly different from what he usually sees you wearing. If you tend toward dark colours and formal cuts in work, wear something bright, elaborate and a little

A close-up photograph of a woman's midsection. She is wearing a black, sleeveless, form-fitting dress with a flared skirt. Her hands are resting on a black, rectangular clutch bag with silver-toned hardware. She is wearing thin, gold-toned bracelets on both wrists. The background is a blurred, pebbly surface.

*‘Nobody’s saying you should
dress for anyone other
than yourself...
...don’t go for anything
overtly flirty’*

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eccentric on your date. The contrast with you *then* and you *now* will rock him back on his heels.

A word of warning. Don't go for anything overtly flirty. The Aquarius man doesn't respond well to strong sexual behavior. The kind of clothing that would make the Scorpio man salivate and have to restrain himself from leaping on you would have next to no effect on the Aquarius man. In fact, because he loves mystery, anything that shows a little too much flesh might be perceived as 'spoiling the surprise'.

***‘Whatever I have tried to do in life,
I have tried with all my heart to
do it well; whatever I have
devoted myself to, I have devoted
myself completely; in great aims
and in small I have always
thoroughly been in earnest,
you know?’***

Charles Dickens

...an Aquarian Man

Chapter 12

What Gifts to Buy the Aquarius Man

Just as the Aquarius man likes to see you in unusual clothes and likes to dine in unusual restaurants and enjoys visiting unusual places to have unusual experiences, he also has a predilection for unusual gifts. Now, you may think that this makes him an almighty pain in the ass to buy for, but that simply isn't so. Think about it. They guy who likes conventional things likes things that just about anybody might have already bought for him, things that he might well have already bought for himself, things that are freely available, common, predictable. How on earth do you surprise and delight a man like that? Answer: you don't. At least not without a colossal amount of effort. The Aquarius man, on the other hand, the man who likes things a little fresh, a little weird, a little different, you can but him just about anything so long as it's a little off the beaten track.

Example

Do you know what a fulgurite is? If you're a bit of a nerd/geek, you can skip this bit. If not, read on. Fulgurites are formed when lightning melts silica or other common

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conductive and semi-conductive minerals and substrates, fusing, vitrifying, oxidizing and reducing mineral grains and organic compounds. Basically, when lightning strikes the Earth where there is sand in the ground, in clay for example, it melts the sand, turning it to glass. The fulgurite is the long, weird, glassy 'stone' that remains when the molten sand cools. A fulgurite is what you get when a power with a temperature in excess of 30,000 Kelvins hits the ground. The surface temperature of the sun is about 5,778 Kelvins. So fulgurites are created by a force more than five times hotter than the surface of the sun. They are, in a word, awesome, In two words, freakin' awesome. And you can buy them on eBay for about \$20. That's the kind of gift the Aquarius man will absolutely love.

If you're struggling to find anything quite so off the wall, or you've discovered he already has an extensive fulgurite collection, then you can't go wrong with the latest technological gadget. He loves anything that seems as if it has been brought into the present by time-travellers eager to nudge mankind toward a future of jet packs, androids and cities on the moon.

***‘The probability that we may fail
in the struggle ought not to
deter us from the support of a
cause we believe to be just’***

Abraham Lincoln

...an Aquarian Man

Chapter 13

Sex and the Aquarius Man

CONTENT ADVISORY!

I'll warn you right now that this is a forthright and unflinching chapter. It certainly isn't for the prudish. Let's face it, there's no point talking about sex unless we're going to be frank. In the interest of clarity, I will be calling a clitoris a clitoris, a penis a penis and so on. There will be no references to 'love buds' and 'passion rods'. I suspect you'll be relieved by this disclosure. But if you prefer talk of 'flowers' and such, it might be best if you skip this part.

An Overview

The Aquarius man is one of the quirkiest signs of the zodiac. His natural tendency is toward nonconformity, and he values his freedom above all else. This doesn't necessarily mean *physical* freedom - Aquarius men are perfectly capable of marriage, monogamy and of forming meaningful long-term relationships -- but can mean mental freedom. They don't like systems and rules. Instead they are attracted to radical ideas and new ways of thinking. Moreover, they are likely to create their own unique ways of doing things. They love

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exploring new experiences and sensations, and acquiring new knowledge, but whereas the Sagittarius man's pursuit of the new is driven by a sense of adventure, the Aquarius man is driven by intellectual curiosity.

What does Sex Mean to the Aquarius Man?

Perhaps, I should start by telling you what sex *doesn't* mean to the Aquarius man, and that is 'love'. Sex and love are very separate things to the Aquarius man. He is perfectly capable of love and he is as interested in sex as any man but there is no danger of him confusing and conflating the two. This can be difficult for women who view sex as a kind of milestone in a loving relationship, a physical manifestation of love.

For the Aquarius man, this simply isn't the case. He can love someone and not have sex with them and he can have sex with someone he doesn't love. Suggesting to an Aquarius man that love and sex are in anyway synonymous will be greeted with as much bafflement as suggesting a chimpanzee is a great substitute for a bicycle. For the Aquarius man, sex is an enjoyable activity that stimulates his body, intellect and imagination, but not his emotions.

What's in it for You?

Firstly, if you're after a no-strings-attached one-night-stand that doesn't leave you with feelings of self-recrimination, the Aquarius man is the perfect companion. He won't lead

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you on or callously use you, he'll simply view the whole thing as a frivolous bit of fun, treating you with honesty and respect, and seeing you as a co-conspirator in a mischievous exercise in healthy lust.

If however, you're looking to the long-term, the Aquarius man offers a sex life that is fresh, interesting, multilayered and free from confusion, hang-ups, mind games and manipulations. Sex with Aquarius man is a wonderfully free and easy experience.

Curious, open-minded, imaginative and unconventional, the Aquarius man will try anything. He will approach the whole business of stimulating you as a delightful experiment in sensory overload, trying out new ways to bring you to shuddering orgasm. This is not driven by a jaded abandonment of what no longer 'works' for him but is instead a response to the almost childlike constant that is the mantra of the Aquarius man: *I wonder what will happen if I do this?*

So, you can expect to be thoroughly explored, every inch of you kissed, licked, nibbled and probed. If there's a particular thing that pushes your buttons, just tell him straight and he'll give it a whirl. Even better, tell him something you've always wanted to try but never had a partner you felt confident in asking and he'll jump at the opportunity.

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What Works for Him?

With the Aquarius man, sexual arousal begins in the mind. He'll be turned on as much by the ideas you express as he will be by the look and feel of your naked body. In fact, of all the signs of the zodiac, he is the least interested in looks. He wants to explore what's beneath the surface as much as (and quite possibly more than) the surface itself. That being said, he is still intensely physical, it's just that his physicality is fuelled by a feverish cerebral energy.

Getting him in the mood is easy. Just start talking about sex. You can be blunt and open; he is almost impossible to shock or offend. Asking him what his top five sexual positions are will not elicit stutters and blushes. He will take the question seriously, giving careful consideration to his answers. And then he'll ask you what you're favorite sexual positions are. It won't be long before things begin to really heat up.

If you're not confident initiating such a conversation, why not leave a copy of the *Kama Sutra* casually lying around in full view. He's the kind of guy who homes-in on books, curious to see what you're reading. He'll start flipping through it and, within minutes, you'll be deluged with questions.

In fact, any woman wanting to catch and keep an Aquarius man simply must have a copy of the *Kama Sutra*. Moreover, they should be intimately familiar with its contents.

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Vatsyayana's *Kama Sutra*, like the Aquarius man himself, approaches sex as an intellectual and philosophical activity. It is not simply an instruction manual; it is a treatise on sex and sensuality. Your familiarity with this ancient text will announce to him that you are smart, interesting, open and fun.

Talk of sex will inevitably lead to sex, but whereas with other star signs, the sex talk stops when the physical sex begins, the Aquarius man likes to continue this erotic discourse in parallel with the bodily act itself.

Unlike the eager and impatient Aries man, for example, the Aquarius man likes to take his time. Not for him the bathroom quickie. He greatly enjoys foreplay, both in the receiving and in the giving. Cunnilingus holds a particular appeal for him. The fact that he is exploring somewhere dark, mysterious and exotic will arouse him almost as much as it arouses you! He will feel as if he is being given access to the 'secret you', the 'inner you' and he will see this as a genuine privilege.

He will always prefer sex with the lights on, so he can see as well as feel you. Remember this is as much about intellectual curiosity as lust. How can he be expected to learn from this amazing experience if he can't see what's happening?! Similarly, he may express an urge to film the unfolding events. Certainly, if you suggest such a thing, he won't be shocked. Or if he is, it will be in a good way.

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He likes to be shocked, revels in the unexpected and the previously un-experienced.

He will also like to talk during sex, and he'll like it if you talk, too. However, this doesn't have to be dirty talk (although it may well be). Tell him what you're feeling, what's working for you and what you want him to do next. Ask him if whatever you're doing to him feels good and enquire as to what it is he'd like you to do next. Talk about previous sexual experiences. The Aquarius man is almost entirely immune to jealousy and sexual insecurity. Tales of your previous escapades will intrigue him and turn him on. Any form of education is sexy to the Aquarius man.

In relation to this last point, it's worth mentioning the always-sensitive subject of age. Because the Aquarius man values knowledge, learning and experience, he will make the perfect partner (sexual or otherwise) for the more mature woman. He is also less enamored of physical appearances than most men and will not tend to notice that things aren't necessarily as firm as they once were and the inevitable Southward drift is beginning to make its inevitable presence felt. Wrinkles and grey hairs are similarly irrelevant. In fact, he may even find these things highly erotic. A sagging breast, less than flat stomachs and other signs of the passing of the years are indicators of experience and, as such, are inherently fascinating. That being said, he's more than happy to 'learn together' with some fresh-faced virgin, but,

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if we're being completely honest, the experienced woman definitely holds the upper hand. Whereas society looks down upon the woman who is sexually intrepid, coining words such as 'slut' to attempt to contain these daring and instinctive individuals, the Aquarius man will demonstrate no such prejudice. A woman who lets her bodily and imaginative urges take her where they will, a woman with a full and varied sexual history will be treated like a rare and exciting volume (or even library!) of captivating eroticism.

As for positions? Well, rather like the Sagittarius man, pretty much anything goes. He'll be quite content to lie with you, flicking through the *Kama Sutra* or any contemporary sex instruction manual and 'shop' for positions as if he were browsing through a home shopping catalogue! However, if you're looking to wow him with something that's sure to push all the right buttons, why not try something I like to call 'The Achilles Feel'.

This position is best achieved from a 'girl on top' starting point, with your Aquarius man lying down. Stretch your arms out behind you, placing them either side of his knees and gradually arch backwards. You should slow things down for this maneuver as if it is performed too quickly it can give him quite a shock. Use your pelvic muscles to grip his penis. This will stimulate him but also ensure he doesn't pop out! Now, grip his ankles and move his legs apart, then arch back further until you are settled between his legs.

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'The Achilles Feel'...



The ankles are the Aquarius man's erogenous zone, so this will be a double whammy for him, as you grip them tightly, gently rubbing your fingertips up and down his Achilles tendons. Keep in mind that this is not a position suited to vigorous thrusting, given the angle of penetration. So, you will be relying on the action of your vaginal muscles to do the lion's share of the work. This slow, subtle and unusual experience will delight the Aquarius man and will also put you fully in control of the whole show! Remember, for him the journey is as important as the destination (sometimes moreso) and he'll be more than happy to take his time getting there. What's more, if he places a pillow under his head, he'll be able to look down and see your vagina as you work your magic. Something that will very much appeal to the 'lights-on' Aquarius man. Given the complexity of this position, it may be necessary to explain what you're doing as you do it or even discuss it beforehand. Whereas this might be something of a passion-killer for many men of the zodiac, for the Aquarius man this is an educational bonus.

***‘I don’t think I could be a foot soldier.
I don’t know if I could take orders
too good. I’m a little lazy.’***

Benicio del Toro

...an Aquarian Man

Chapter 14

Keeping Your Aquarius Man

The best way to keep your Aquarius man is to make sure he doesn't realise you're *trying* to keep him. The moment he feels 'kept' is the moment he'll turn and bolt. You'll need to keep the relationship fun and frivolous.

Constant phone calls and texting will make him uneasy, as will enquiries about where he's been, what he's been doing and who with. Your interest may be perfectly innocent, you just want to know what kind of a day he's had, but to the Aquarius man you'll come across as suspicious and controlling. Better to just ask him if he's had a good day. The where, who and what will all come out naturally.

Make sure you have your activities and he has his. If you schedule all your activities around him, he'll get nervous. Try and schedule his activities around you and that little dot on the horizon? That's the Aquarius man you used to go out with.

In fact, try to avoid scheduling entirely. The Aquarius man cherishes spontaneity. If there's one thing he cannot abide,

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it's being in a rut. And if he perceives, rightly or wrongly, you as the cause of the rut, he's going to start resenting you and the relationship is going to turn sour.

If you're not naturally a spontaneous person, this could present you with quite a serious problem. But, don't worry, spontaneity can be learned. Or, perhaps more accurately, predictability can be *unlearned*. It just takes a little work.

Here's how it's done.

For a couple of weeks, keep a diary of just about everything. Everything you do from breakfast to bedtime. You'll begin to see patterns emerge. You always take the same route to work, for example. You always eat the same things for lunch on particular days (Monday is bagel day, Tuesday is falafel...). Even your wardrobe has its own inevitable cycle.

Now try to break some of these patterns. Not all of them. There will be certain activities which are scheduled because it makes perfect sense; a relaxing bath before bed, for example. But anything that happens on a particular day at a particular time because *it just does*, needs a little shaking up. Does Thursday have to be laundry night? Why do you always do your online banking on a Tuesday? Why do you always have pasta for dinner on a Monday?

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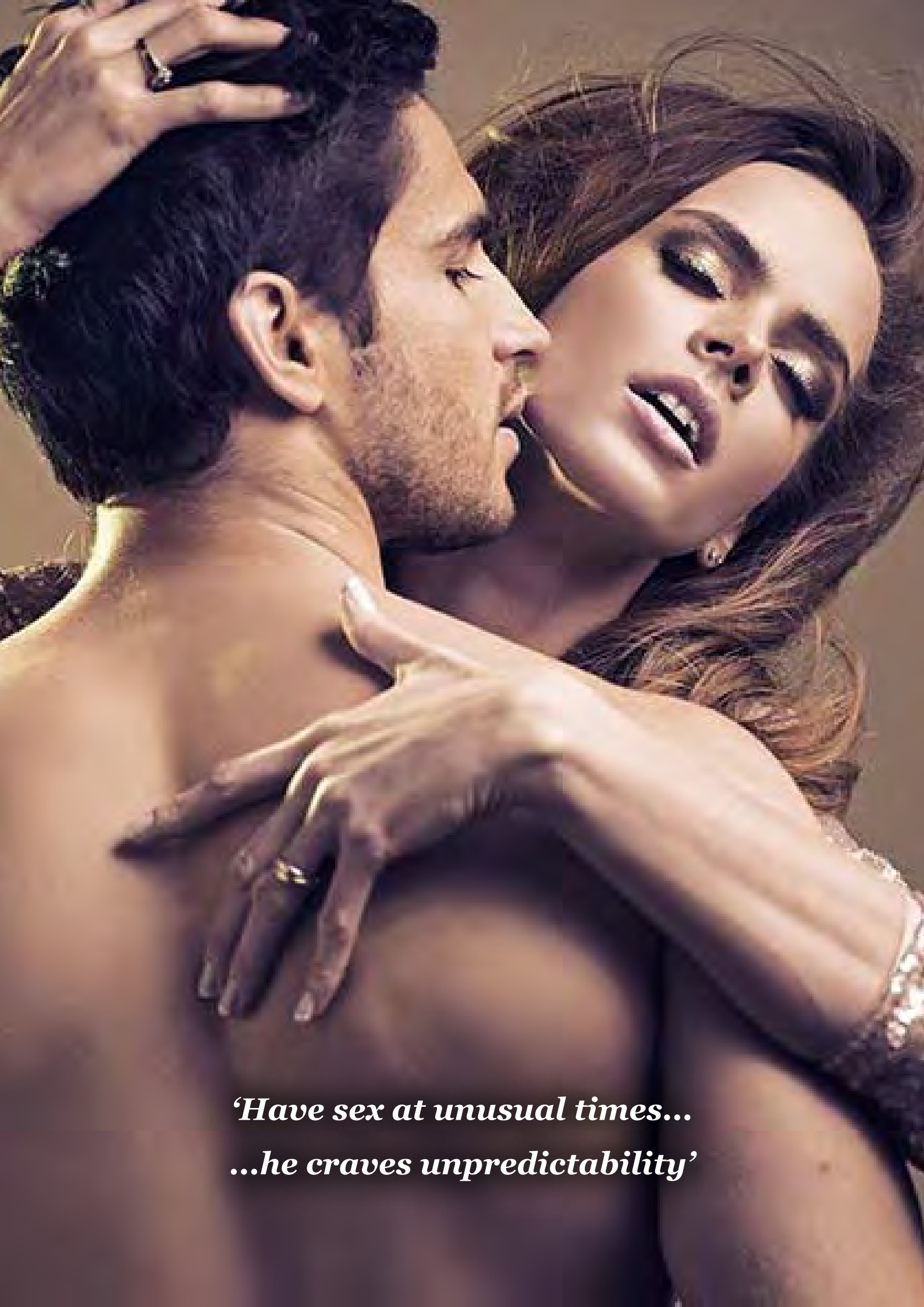
Look at your wardrobe. Do you always favour certain colours and certain cuts? Try something different. Even if it makes you feel uncomfortable at first. *Especially* if it makes you feel uncomfortable at first.

Think about the genre of movies you watch. Is it always romantic comedies or weepy dramas. Next time you go to the movies, deliberately pick a movie from a genre you've never previously tried. Never watched a horror movie? Give it a go. Never watched an independent arthouse movie, give the next Jim Jarmusch movie a try. The same with the books you read. And the places you go; if you never normally visit art galleries or museums, give it a try. And the music you listen to. If your taste is strictly R&B, try listening to some Miles Davis or Johnny Cash or Schubert. Become eclectic.

Write down four things you want to learn over the next 12 months and then book yourself onto some night classes or correspondence courses. The more offbeat, the better. Origami, flower arranging, learn to play the Theremin or to speak a little Klingon.

Abandon all brand loyalty. Deliberately shop at stores you don't normally visit and buy products that have never before found their way onto your shelves.

Rearrange your home. Move the furniture around, change the decor, invest in some previously unknown varieties of scented candle.



*'Have sex at unusual times...
...he craves unpredictability'*

Love, Lust & The Aquarius Man

Try to get to know someone at work who you don't actually like.

Learn to say 'Yes' to things that you'd normally refuse and 'No' to things you'd typically embrace.

Question your politics, your philosophies and beliefs. You may circle back round to the same conclusions, but interrogating your assumptions is a deeply healthy activity and may change the way you see things.

Apply this to all the things you do with your Aquarius man. If the dinner table conversation always gravitates toward work, for example, fire some unexpected questions at him. Instead of 'How was your day?' try "If there was one thing you did today which you could go back in time to change, what would it be?" Or something completely off the wall, like "What would you do if you found out your boss was a robot?"

Google 'fun things to do near me' or 'exciting things to do near me' and 'quirky things to do near me'. Without telling your partner, make a list of everything you and he have never tried. It will be a huge list, I guarantee it: archery, horse riding, abseiling, white water rafting, eat street food, go to an auction, go to a beer festival, watch a piece of experimental theatre, go on ghost tour... If you randomly

Love, Lust & The Aquarius Man

pick something from your list each weekend, it will be years before there's any danger of you repeating yourself.

Buy him unusual gifts. Suggest spontaneous trips to places you've never visited, as close to last minute as is practically possible. Have sex at unusual times; as soon as you come home from work, for example, while you're waiting for the casserole to cook.

By being unpredictable in your own right and in your dealings with him, you become an essential part of his life, as he *craves* unpredictability. You become the means by which he fulfils this need.

You'll find a lot more of this kind of advice in Chapter 19, '***Acquiring Adventurousness***'.

***‘The gratification comes in the
doing, not in the results’***

James Dean

...an Aquarian Man

Chapter 15

What are You Letting Yourself in For?

Well, we've probably covered some of the negatives already! Are you ready for a few more? Okay, then. At his most extreme, the Aquarius man can be completely unsympathetic to your needs, because he's far too absorbed with his own issues, problems and circumstances. If you're the type of person who needs a sympathetic ear now and then or a shoulder to cry on, you may have to look elsewhere for comfort.

The Aquarius man's need to do his own thing and not be pinned down by anybody can make him something of low-achiever, unable to stick at anything and see it through to its conclusion. If you're looking for a man with a good career and a bank-balance to match, you may be better setting your sights on a Capricorn man. That being said, the Aquarius man can often make his fortune by virtue of his genius rather than from sheer hard work and diligence. He might write a bestselling book, record an award-winning record, but he is unlikely to make CEO of a multinational.

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His absolute need to move forward with whatever project he is currently feeling passionate about can make him a little reckless. He's not too good at seeing the inherent risks of a given business venture or investment. Try to tell him about said risks and he may just accuse you of trying to kill his dreams and not supporting him. This utter absorption with his dream project can cause him to neglect you. And not only you. He can neglect his day job, neglect to pay his rent, neglect to keep up with his car payments. This situation can spiral out of control and the Aquarius man can find himself in very dire straits indeed. Unfortunately, it is very difficult to draw his attention to these matters *before* they happen. He is utterly convinced that everything is going to be fine, everything is going to work out, right up until the moment that it doesn't. This can call for real strength of character in his partner, as she has to step up and be the bad guy, delivering home truths that he will interpret only as nagging. But you have to persist if you're to save the Aquarius man from his own worst excesses.

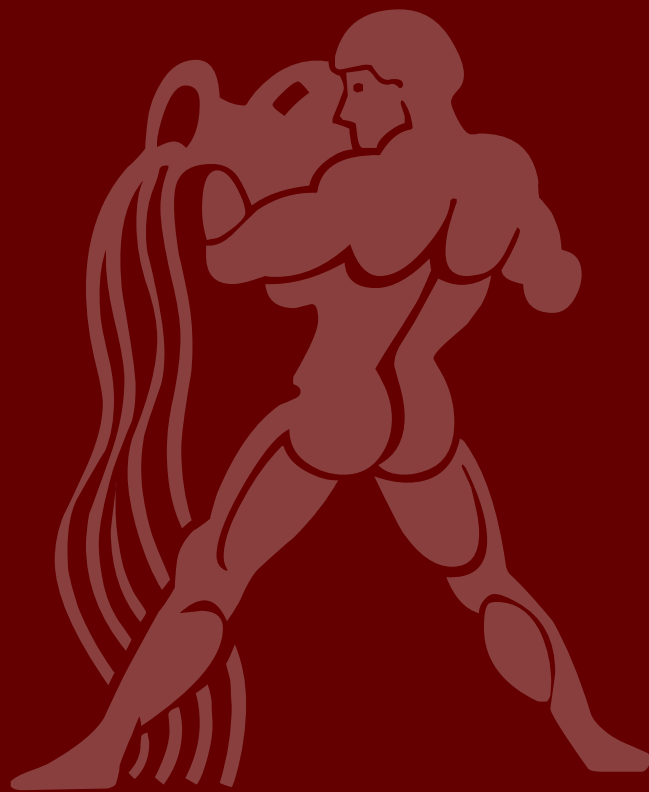
Of course, the single-minded pursuit of his dream can also result in a dream come true, a dream that you get to share with him.

***‘When the ideas are coming,
I don’t stop until the ideas stop,
because that train doesn’t come
along all the time’***

Dr. Dre

...an Aquarian Man

PART THREE
HOW TO BE THE KIND OF WOMAN
AN AQUARIUS MAN LOVES



***‘Things may come to those
who wait, but only the things
left by those who hustle’***

Abraham Lincoln

...an Aquarian Man

Chapter 16

What if you're Just Not His Type?

This could well be the most important section of this book. This is where we stop talking about the Aquarius man quite so much and start talking about you.

So, you've decided that you want an Aquarius man, despite the numerous challenges. Perhaps, you've already set your heart on a particular Aquarius man and decided, regardless of his star sign, you simply have to have him.

But what if you're not the Aquarius man's type? What then? You can't just walk away.

The question is: can you *become* the kind of woman an Aquarius man finds attractive?

Now, nobody's suggesting you should change who you are in order to please a particular man. That would be absurd. Not to mention outrageously offensive. However, it is possible to adopt a few behaviors or develop some new skills that might begin to tick his boxes when it comes to finding a romantic partner and lover.

*‘He is drawn to positivity.
He is draw to adventurous free spirits’*



Love, Lust & The Aquarius Man

So, what is the Aquarius man's type?

Well, he is drawn to creative people. He is drawn to people who are confident; not necessarily 'own the room' confident but comfortable within their own skin. He is drawn to positivity. He is drawn to adventurous free spirits.

Now, if you're thinking, *I'm none of those things*, don't panic. Everything in the list above can be learned to a certain extent. You can develop, grow and improve all of these qualities in yourself.

Let's take a look, one chapter at a time, at creativity, confidence, positivity and adventurousness.

***'I've evolved, but I'm the same dude,
I'm just in a different place. We all
change, we all grow. I shouldn't
be in the same place that I was
30 years ago; I should be more
intelligent, you know'***

Ice T

...an Aquarian Man

Chapter 17

Cultivating Creativity

Many people think of themselves as not being particularly creative, or not being creative at all. They think that creativity is an innate talent that they themselves do not possess. But this simply isn't the case. We're all creative. That is to say we're all capable of creativity. The problem is our creativity has been suppressed over time.

Think about it. You used to be creative. When you were a child, you'd pretend you were a princess or a fairy or Queen of the Pirates. You'd create adventures. You might have created an imaginary friend who was your constant companion. When you painted pictures, they weren't simple representations of the real world. If you painted a picture of your house, there'd be a huge rainbow above it and a unicorn in the garden. When you were a child you didn't just *believe* in Santa Claus, he was *utterly* real to you. You may even have been convinced you saw him, just fleetingly, as he left your room having deposited your presents at the foot of your bed.

When you were a child, you weren't just creative, you were a *creative powerhouse*.

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And you can get that back. Maybe you'll never write a bestselling novel or have a painting exhibited in the Guggenheim, but you can begin to *create*.

Think of your creativity as a muscle that has withered or a gem that has been buried under a landslide of bad habits and attitudes.

What follows is a series of 15 exercises to strengthen that muscle and enable you to dig deep down to find the creativity that was always there. Commit to carrying out at least two of these exercises every day. The more of the exercises you do, and the more frequently, the sooner your creativity will begin to grow.

Even if your Aquarius man somehow gets away, this process will enrich your life no end, and may even improve your career prospects.

1. The first creative exercise is, well, *exercise*. Studies show that 30 minutes of aerobic activity, such as a brisk walk, improve all aspects of cognition, and the effect can last for around two hours. So, before you try any of these exercises, put your shoes on and take a stroll.
2. Creativity is thought to be stronger in those who are ambidextrous. This is thought to be due to the fact that information passes more readily between the brain's left and right hemispheres. According to a study by

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psychologists at Stockton University, this tendency can be stimulated in non-ambidextrous people by spending about a minute looking horizontally from left to right, as if you were watching a tennis match. So, after you come back from your invigorating walk, spend a little time playing ‘tennis spectator’. You can also carry out this little exercise whenever you feel your creativity is starting to fade.

3. Make a list of your 10 favorite movies. Set a timer for two minutes. Next to each movie title, you must write ‘keep’ or ‘lose’. You can only keep half of the movies. This exercise trains you to make swift judgments, freeing your brain from the sluggish thinking and over-analysis, which can smother creativity. You should do this exercise regularly, using different lists: favorite books, songs, actors etc.
4. Take a story from your local newspaper, preferably something dramatic, but it doesn’t have to be. Imagine the story is about you. Think about how you would feel if these events had been happening to you. Imagine how the outcome of the story might have been altered by your presence. Make notes. You only have five minutes for this exercise.
5. Think about the last movie you saw. It doesn’t have to be a movie you liked, just the last movie you saw. Imagine a different ending for the movie, without resorting to cheats like “It was all a dream.” You can’t change any of

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the events leading up to the movie's climax or the nature and motivation of the characters. This exercise teaches you to defy the seemingly inevitable, to change direction even when only a single outcome seems possible. This is quite a tough one, so give yourself 15 minutes.

6. Get a sheet of paper and a pencil. Select any object in your immediate surroundings (a cup, a lamp, an ornament). Take a good long look at it. Now, draw it. It doesn't matter if you can't draw; just do your best. Don't take more than a few minutes. Now, on another sheet of paper, draw the object again. This time, with your eyes closed. Once you've finished, compare the two drawings. Consider the differences. Think about which of the two drawings is better and why. This exercise is about removing distractions, about trying new ways of doing things and using what's in your head rather than what's right in front of you.
7. Randomly select any kitchen utensil. Write a list of all the things it could be used for, other than its intended use. Write as many as you can in two minutes. This exercise forces you to look at familiar things in a new way.
8. Randomly select any ten words from the dictionary. Just flip to any point and, with your eyes closed, jab the page. Now, write a paragraph which incorporates all those words and still makes sense. The exercise works by simultaneously creating an original experience (it's

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very doubtful that your paragraph has existed before) and restricting your choices. Allow just five minutes for this exercise.

9. Think of a problem that has been bothering you lately. It could be work related. It could be about the elusive Aquarius man you're determined to catch. Now, for three minutes, brainstorm some solutions, just single sentence potential answers. Don't think too hard. If it comes into your head, write it down. Don't judge or edit. Now, repeat the process for a further three minutes, this time using the hand you don't normally write with. So, if you're right-handed, start off with your right hand then, after three minutes, swap to your left. This exercises 'tricks' your brain into jumping between left and right hemispheres, stimulating creative thought.
10. Ask a complete stranger for directions to a location to which you regularly travel, preferably on foot. It could be your workplace or your favorite cafe. Once someone gives you a set of directions that are very different from your typical route, follow them to the letter. Explore how this new route differs from your own. Perhaps, it is quicker. Perhaps the architecture is more pleasing. This exercise gives you a new perspective on a familiar experience and forces you to contemplate your own habitual behavior.



***‘The more of these
exercises you do, and
the more frequently
you do them,
the sooner your
creativity will grow’***



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11. Take a favorite book. Change the gender of the main protagonist. In just five minutes, write a paragraph explaining how the outcome of the book would be altered by this change. This exercise encourages you to consider how a single variable can dramatically alter outcomes. Use this understanding when it comes to creative problem solving. Rather than focus on changing the outcome as a task in itself, you look at all of the variables that lead to that outcome, and work on those.
12. Attempt any of the exercises above but write down your answers on a sheet of green or blue paper. Before starting, stare at the sheet of paper for about a minute. You may find your output is more creative or imaginative. A recent report has shown that these colors can stimulate the creative parts of the brain.
13. Get a friend or family member to draw a single random squiggle on ten separate sticky notes. Giving yourself just three minutes, try to transform each of these squiggles into a recognizable object or creature. This taps into the ability to see something in nothing. Great sculptors like, Rodin and Michelangelo, are said to have been able to see the finished work in a block of untouched marble.
14. Take two of your favorite songs. Sing the words of one song to the tune of the other. Many of the lyrics won't fit the rhythm and structure of the tune. The creative part is trying to get them to fit. Where the lyrics *really* don't fit, tinker with the tune to reduce the jarring effect. At the

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end of this process (and take as long as you like) you'll have a created something of a hybrid.

15. Create a logo that represents your 'brand'. Your 'brand' is the thing or things about you which make you uniquely 'you' and differentiates you from others. It doesn't have to be professionally executed, just a simple doodle. Now think of your USP (Unique Selling Point). This is the positive thing that you bring to the party that your friends, family and colleagues lack. It may be your energy, your analytical mind, your sense of humor. Come up with a 'tag line', a single, short sentence or slogan that captures your USP. Take Apple, for example. Their logo was an apple with a bite missing from it, implying knowledge as well as being an inherently healthy image. Their tag line when they launched was 'Think Different' because their approach to both home and business computing was unique in the marketplace.

Conclusion

Now, none of these exercises is going to increase your creativity overnight. But repeated little and often, they *will* get your creative juices going. You'll find you're able to contribute more in the way of original ideas at work and you will almost certainly be able to keep an Aquarius man engaged in the kind of interesting and imaginative conversation he loves.

***‘It’s not who I am underneath,
but what I do that defines me’***

Christian Bale

...an Aquarian Man

Chapter 18

Gaining Confidence and Developing Positivity

The Aquarius man is drawn to people who ooze positivity and are at ease with themselves. They are uncomfortable around glass-half-empty people and people who lack self-esteem.

Now, if you're the type of person who has trouble looking on the bright side and doesn't excel at conversation, you may struggle to engage with the Aquarius man. But don't worry, just like creativity, self-confidence and positivity can be learned. They can be practiced. They can be developed. Just follow the steps below.

1. Keep a 'Positivity Journal'. Every time you achieve something or do something impressive, make a note of it in your Positivity Journal. We're not talking about finding a cure for the common cold. Just little things. Maybe you baked a cake for the first time. Maybe you finally got through that difficult book. Maybe you're just starting to get to grips with a musical instrument. You should make a point of adding at least one entry each day, preferably more. Whenever you're feeling a little low and need a boost, flip through your Positivity Journal. You'll be

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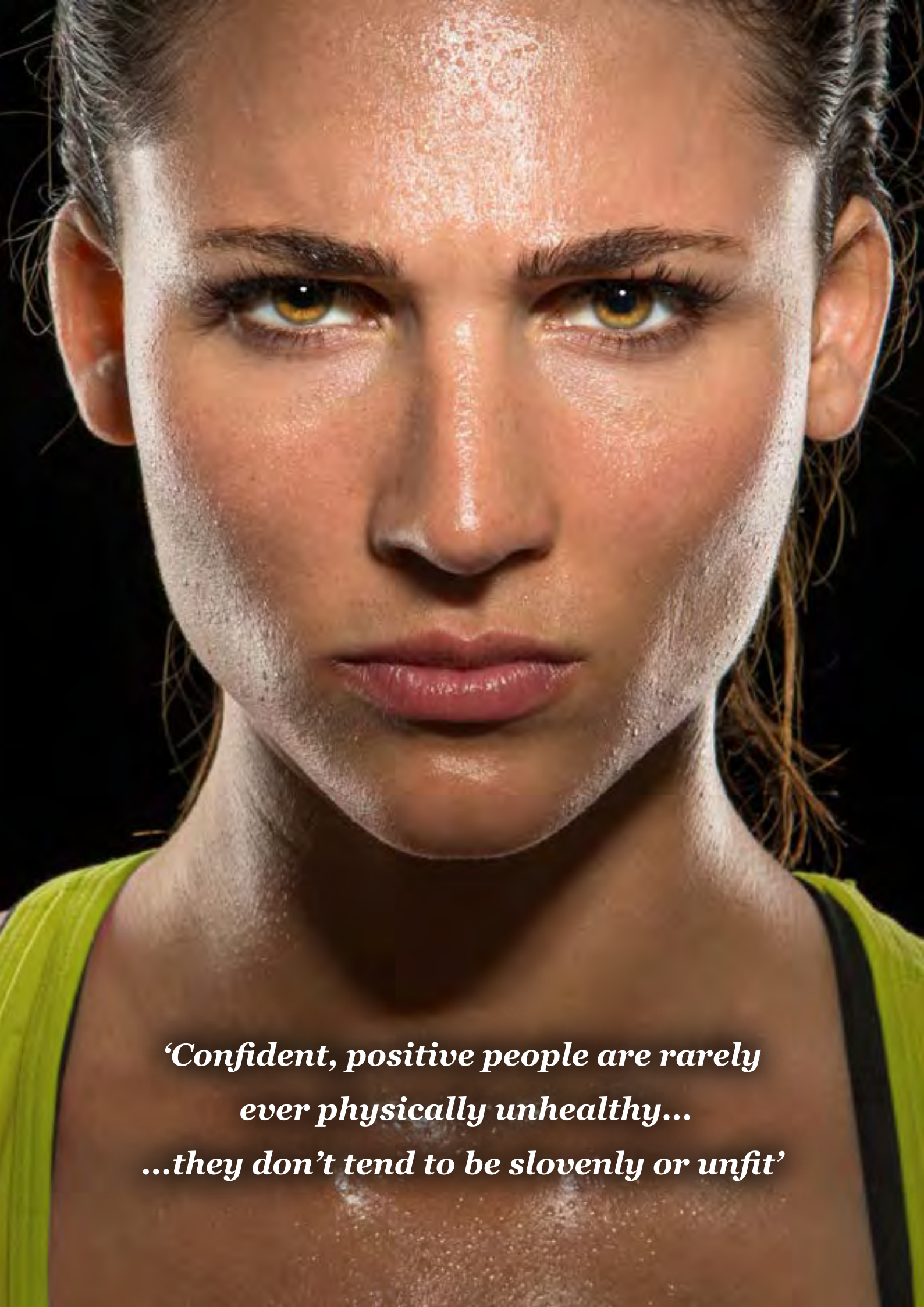
pleasantly surprised by how many positive things you've achieved. Try to keep a 'mental version' of your Positivity Journal in your head, so you can call upon its positivity and confidence-boosting powers at will.

2. A characteristic of people with healthy levels of self-esteem is that they know what they believe, they're very clear about what is important to them. Take a sheet of paper and write down your beliefs. Don't deliberate at this stage. This should be more of a 'brain dump'. Allow yourself just five minutes. Once you've listed your beliefs, try to prioritize them. Create a 'top five'. Carry this shortlist around with you until it is committed to memory. This prioritization of your beliefs will enable you to develop another characteristic of confident and positive people: decisiveness. You will be able to quickly dismiss or accept certain outcomes on the basis of whether or not they impact on your top five. What's more, simply having clearly defined beliefs will make you feel you know yourself a lot better.
3. Just as confident and positive people know what they believe, they also know what they want. Following the steps in the exercise above write out a list of what you want from life. This creates a keen sense of personal focus. Interestingly, you may find some of your goals clash with your previously listed beliefs. It could be the goal is 'false', that it has more to do with societal pressures or trying to

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please others than pleasing yourself. Or it could be your beliefs need reassessing. Either way, uncovering a clash such as this is a very healthy thing. This contradiction of goal and belief can create a great deal of unhappiness. Highlighting it and dealing with it is a wonderful thing.

4. Confident and positive people tend to be very informed. They know their stuff. Think about that guy at work who seems to breeze effortlessly through presentations, hardly ever looking at his notes, never losing his thread. It isn't because he's an expert at presenting information; it's because he knows his stuff. Make a point, every day, of learning a little more about what you believe in (exercise 2) and what you want to achieve (exercise 3). The more you know, the more your confidence and certainty will grow.
5. Create a Positivity Board. Get yourself a corkboard and pin positive images onto it. These might be cut from magazines, they might be postcards, things printed out from the internet. Every image should make you feel good. Think beaches, sunsets, spectacular mountain ranges and, yes, cute kittens. The only criteria should be that the images exude positivity.



*‘Confident, positive people are rarely
ever physically unhealthy...
...they don’t tend to be slovenly or unfit’*

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anything spectacular. It could be a manicure or massage or a magazine that's a little on the expensive side. When you're making your purchase, make sure to tell yourself that this is a reward and not a run of the mill purchase. This is another trait of positive and confident people: they feel they deserve a few good things. Now, in the case of overly confident people, this can transmogrify into a hideous state of entitlement. But there's nothing wrong with making a record of the things you've achieved (in your Positivity Journal) and giving yourself a modest reward. This is a reinforcing behavior, encouraging greater achievement.

7. Confident, positive people are rarely ever physically unhealthy. I'm not saying they're regular participants in the New York marathon, just that they don't tend to be slovenly or unfit.
 - i) As with the first of the creativity exercises in the previous chapter, it's important to get regular physical exercise. This doesn't need to be a punishing workout at the gym. Just a half-hour walk at a reasonably brisk pace will do it. If you can do this every day, even better. Exercise releases endorphins, a chemical associated with feeling positive. What's more being in good shape makes you feel good about yourself. Even if you shed just a couple of pounds, there's an associated high.
 - ii) For similar reasons, it's important to maintain a

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reasonably healthy diet. Ensure you eat lots of fresh fruit and vegetables, and drink plenty of water.

iii) And to really feel the benefit of steps i) and ii), make sure you get a good night's sleep as often as possible. About seven or eight hours should do it. Try not to get less than seven hours; more than eight can leave you feeling groggy and sluggish. If you have trouble sleeping, make sure your bedroom is as dark as possible, your mattress is a little on the firm side and you avoid tea or coffee before going to bed. Soothing scents, particularly lavender, are great for helping you relax in a deep, easy sleep.

8. Confident and positive people laugh. They laugh a lot. Sometimes, life can be rough and it's hard to find things to make you smile, never mind laugh. So, watch funny movies and funny TV shows, read funny books, go to stand-up comedy shows. Let laughter into your life. Seek out laughter and savor it. When something funny happens at work, write it down in your Positivity Journal.
9. Once a month, forget all about 'I, me, mine' and dedicate yourself to others. Volunteer at a soup kitchen or in a charity shop. Clean-up litter in your neighborhood. Pick up groceries for a neighbor who finds it hard to get out and about. The funny thing about people who seem to think well of themselves is they don't *obsess* over themselves. They make a big space in their lives for

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others. Make a point not to put these activities in your Positivity Journal. This isn't about you. It's about *them*, the ones less fortunate than yourself. Of all the exercises listed here, this could well be the most powerful, the one that, ironically, results in the greatest boost in self-esteem. That being said, it's important that you don't carry out this exercise in isolation, that it is a part of a suite of activities. Otherwise, this can be simply a way of hiding from yourself or, worse, punishing yourself. It's vital that this activity sits within the wider context of growing your confidence and positivity.

10. When it comes to being positive and confident, perspective is everything. The negative person with low self-esteem sees 'problems'. The positive person, the confident person, sees 'challenges'. Create a list of bad things that have happened to you. Just ten or so. Then try to 'reframe' them in a positive light. For example, you have a bad day at work. A presentation didn't go well because you weren't fully prepared. In the negative list, this would be "Humiliated at work. Bad presentation." The positive reframing of this would be "I had a powerful learning experience at work. I will never be unprepared again." Even a traumatic experience can be reframed as something you 'survived' rather than simply something awful that happened to you. This is the toughest of all the exercises here and it could take any number of attempts to adequately reframe your bad experiences. In some

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cases, it may not be possible at all. But that's okay. Just try your best. If you can just develop the habit of reframing your *most* negative experiences into something positive, you'll find that, over time, your fear of failure will begin to diminish. It will never go away entirely. And that's a good thing. A little bit of fear keeps us on our toes, makes us aware of risks, and keeps us from being reckless.

Conclusion

This isn't the kind of process that delivers results overnight. But you will feel a gradual improvement. And the Aquarius man isn't looking for a woman who commands a room, just a woman who is comfortable with herself and easy-going with others. Now *that*, that's achievable.

Chapter 19

Acquiring Adventurousness

The Aquarius man is an adventurous soul. By this, I don't mean you're likely to find him clinging to the north face of the Eiger, freefalling from an airplane or swimming with sharks in the Mediterranean. Rather he is adventurous in the sense of being spontaneous and liking to try new things.

So, what if you're the kind of person who *doesn't* like to try new things, who *isn't* spontaneous? What if you're a creature of habit who likes to stick with what they know?

Don't panic. Just as we've provided you with exercises to increase your creativity, confidence and positivity, we can also set you on a path toward spontaneity and adventurousness.

1. List all your routines in a 'Routine Breaker' notebook. This might take a little time if you're a true creature of habit but it's simpler than you think. For the first week, focus on your diet. List what you eat and on what days. Patterns will begin to emerge. In the second week begin to add leisure activities. Do you always watch the same

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TV shows, listen to the same bands and singer, stick to one genre of movie? In the third week, take a look at your wardrobe. Are you looking at a limited color palette and only a small range of styles and cuts? In the fourth week, consider your social circle. Do you tend to be drawn to the same types of people or are the same types of people drawn to you? Are some of these people bad for you? Do they put you down, make you feel small or inadequate? Put an 'X' next to the people who you feel have a negative effect upon your sense of self-worth.

Now, in week two (whilst you're reviewing leisure activities), start shaking up your diet. Try new foods, eat at different restaurants, experiment with other nationalities of food. If you normally have cereal for breakfast, try fruit instead. Try having dessert first. Why not? Every time you break a pattern, write a large capital 'B' (for Broken) next to it in your notebook.

In week three (whilst you're reviewing your wardrobe), start experimenting with your choice of TV shows, movies, music and literature. If you tend to watch a lot of TV and read very little, try giving up the gogglebox for a week and gorge on great literature instead. Visit an art gallery. Go to the theatre. You may be beginning to see how there is a certain amount of crossover between these exercises and the exercises for cultivating creativity and boosting

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confidence and positivity. This is all good, everything pulling in the same direction, not to change you as a person but to *realign* some core traits and behaviors that may have been holding you back. Again, every time you break a routine, write a large capital 'B' next to it in your notebook.

In week four (whilst you're reviewing your social circle), start experimenting with your wardrobe. This can be quite a scary thing. You might have stuck to the same look for years. So, you don't have to make any major changes at first. Just add another color to your usual palette. Maybe acquire a new accessory. Or try wearing a skirt if you normally favor trousers, or vice versa. Again, every time you break a pattern, write a large capital 'B' next to it in your notebook.

At the end of week four, before we move onto week five's activities, take a little time to review your notebook. See just how many capital B's there are. Each one represents a victory over the insidious forces of habit. Reward yourself in recognition of your progress. Treat yourself to a sauna or a massage.

In week five, begin to expand your social circle. Talk to people at work who you don't normally deal with. Or go to lunch with someone you normally just pass the time of day with. Join a class, possibly in relation to one of the

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creative exercises in Chapter 17 (let's kill two birds with one stone) and be sure to engage people in conversation. During this week, you're also going to distance yourself from those people whose names you placed an 'X' next to, those people who you feel have an adverse influence on your quality of life and self-perception. I'm not saying ditch them entirely, just be a little less available to them, spend a little less time with them. You may well see one of two things happen. The first is that these people drift away and you start to feel a lot better about yourself. The second is that these people don't drift away but they begin to treat you a lot better. Either way, it's a win-win for you.

2. Force yourself to have a *week of "Yes"*. This is a single week where you *must say 'yes'* to any reasonable request or suggestion. By reasonable, I mean it isn't going to harm you physically, damage your career prospects, put you in debt, land you in jail etc. Every time you say 'yes' to something you would normally have declined, make a note in the back of your Routine Breaker notebook. So, for example, your colleague Amy asks you if you want to join her All Ladies Bowling Team. You don't really know Amy and her friends, you're not very good at bowling and, besides, Wednesday night is when your favorite TV show airs. You have (in your own habit-formed mind) every reason to say 'no'. But you don't. Because this is a *week of "Yes"*. So, you say 'yes'. Suddenly, you're doing

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something different on a Wednesday night, with an entirely different group of people. It may be that once you've tried it, you decide never to do it again. It could also be that you make new friends, expanding your social circle and opening yourself up to new influences.

3. Write a list of five activities that terrify you. Don't worry, I'm not going to insist you try any of them! So, your list might be: 1) Parachute Jump 2) Swimming with Sharks 3) Mountain Climbing 4) Parkour 5) Bungee Jump. Now, I want you to research the number of fatalities related to these activities and compare them to fatalities in the home and road traffic fatalities. You'll find that many so-called dangerous activities have an astonishingly low incidence of accidents and fatalities. For example, did you know that only 24 people die on average in skydiving mishaps? Whereas in 2001, 1,307 people were killed as a result of falling down stairs or steps. The fact is, many of your fears will be largely irrational. Fears are often like the dog with a bark much worse than its bite. Often it is this unwarranted fear that stops us from being truly involved in our own lives. And even though I said I wasn't going to *insist* on you doing anything on your scary list, I would certainly *suggest* you try just one scary thing a year. Start off with the least scary activity and work your way up. Obviously, it's okay to draw the line at the truly terrifying stuff, but regularly defeating reasonably small fears is guaranteed to transform your life.



*‘The Aquarius man is an
adventurous soul...
...I would certainly suggest you try
just one scary thing a year’*

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4. At least once a week, make a decision using the roll of a dice. It doesn't have to be an important decision. It might just be where you're going to get takeout that evening. But the feeling of having that decision taken entirely out of your hands can be extremely liberating. It can also help you realize that, very often, when you're being indecisive, the options you're struggling to choose between aren't very different and it doesn't really matter which one you go for. So why waste time? Life's too short.
5. Pretend to be someone else for an hour. Think of someone you truly admire. It might be a family member, a friend, a colleague, a pop star or even an historical or fictional character. Bear in mind that this exercise works best if you choose to be someone as unlike you as possible. Take five minutes to put yourself in their shoes, then go out into the world and be them for just one hour (it could be while you're on your lunch break). You don't have to 'do the voice' or dress like them, just respond to the world around you as you believe they would. Would they walk, take the bus or hail a cab? What food would they order? How would they address the waiter? If you reach a decision-making moment, try to make the decision you believe they would make. This exercise is designed to take you out of yourself for a while and to help you realize how your choices and decisions are not absolutes but are directly influenced by who you are. And if your choices are influenced by you, controlled by you, then the

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inverse cannot be the case: your decisions and choices do not control you. Often, with people who lack spontaneity and adventurousness, they feel as if the world is shoving them around, that they are just so much debris blowing around in the wind. This exercise categorically proves that this is not the case. You're in control of your choices and decisions. You're the mistress of your own fate.

Conclusion

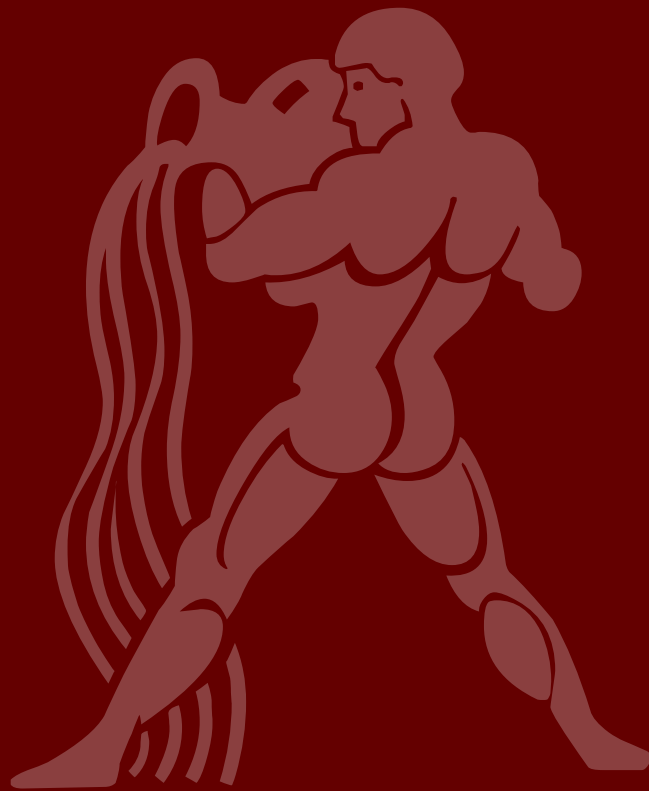
Let's consider this chapter, and the previous two. And, more to the point, let's forget about the Aquarius man the rest of this book is dedicated to. None of what you've just read is about changing who you are. It's all about improving who you are, enhancing who you are. If you follow all of the preceding exercises, you will be more creative, more confident, more positive, more spontaneous and more adventurous. The fact is, you'll just be more. You, but more. And that can't be a bad thing.

***‘Some people want it to happen,
some wish it would happen,
others make it happen’***

Michael Jordan

...an Aquarian Man

BONUS CHAPTERS...



Bonus Chapter 1

Are You in Love or Obsessed

It should be obvious that there are basic differences between being in love or just being obsessed. Sadly, that's not always the case. Many people think they are in love when, in reality, it's an unhealthy obsession. Even when these people are faced with the facts, they often refuse to admit that they're more obsessed than in love.

Here are some of the main indicators that you're confusing love and obsession.

1. You feel as if you really know this guy but if you take a step back and think about it, a lot of what you claim to know is actually assumption. For example, you know he's kind and gentle. But you've never seen him doing anything kind or gentle. You just assume because maybe he has a kind face.
2. You shirk your responsibilities because of a chance that you may run into the object of your obsession. This includes missing work, school or other important appointments because he said he might call you; or there's the off chance that if you stay in a certain location long

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enough, he'll come in. If you're blowing off commitments just on the chance that you'll run into this guy, you should consider yourself to be in potentially serious trouble. When you miss commitments just because of your obsession, you're only going to be sorry later in life when you don't even remember this guy's name.

3. You miss out on things that you love doing just so that you can be available in case the guy you're obsessed with decides he has time to call you or wants to see you. What you're actually doing is putting your life on hold for another person. Now, this may be fine if you're in a serious relationship or are married, but when this person has done nothing to show you that you mean much to him, it makes no sense for you to rearrange your life for him. It's illogical. More importantly, it's unhealthy.
4. Your friendships are taking a back seat to your obsession. When you're obsessed with a guy you're dating or one that you want to date, you'll tend to ignore your friends in favor of being available for this guy even when he hasn't called or made plans with you. Eventually, you'll start driving your friends away from you because it appears you really don't care much about them anymore.

If you notice any of these signs within yourself, please take note how far you've fallen down the Rabbit Hole. None of these things are even remotely normal. You're not meant to stop living your life just in case some guy decides to give

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you a call or suddenly shows up to take you to dinner. If it's necessary for you to always be available on the off chance that he'll call or come by, then it's imperative that you get some help in overcoming your obsession, even if it's just talking to your most level-headed friend. This is something that could have a seriously detrimental effect on your life if you let it. That's why you need to do everything possible to move past this obsession and involve yourself in a healthy relationship with someone that wants to be with you.

Bonus Chapter 2

5 Essential Oils to Boost Your Sexual Energy

Essential oils have been used for centuries to treat illnesses and elevate mood. You can also use them to increase sexual desire and take your bedroom activities to a new level. Here are five excellent oils that can be used as aphrodisiacs.

Vanilla

Vanilla has been used to stimulate sexual feelings almost as long as it's been used to flavor delicious baked goods.

Vanilla's aphrodisiac qualities are scientifically proven. Neurologists at the Smell and Taste Treatment and Research Foundation of Chicago actually tested a group of men to determine which smells increased blood flow to the penis. The tests concluded that vanilla was the one scent that was sexually stimulating to most of the men.

Researchers aren't sure what makes vanilla so sensual, but they think it might be because the scent of vanilla brings back the smell of comfort foods like homemade cookies and birthday cakes. This sense of warmth and happiness opens the door to sexuality.

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Blend 3 drops of vanilla oil with 10 drops of a carrier oil like sweet almond oil and dab some on your neck. You can also sprinkle vanilla oil onto your bed or diffuse it in your bedroom.

Sandalwood

Sandalwood has a woody, masculine scent that is a perfect choice for men. The fragrance is heavy and erotic. Some essential oil enthusiasts say that sandalwood gets its sexual magic because it has a similar smell to testosterone.

This essential oil has been used in India to treat impotence and to relieve anxiety. Mix a few drops with a carrier oil for a sexy experience from the Orient.

Lavender

The sweet smell of lavender brings thoughts of a light summer breeze on a lazy afternoon. Lavender is often used as a calming scent, and many people find that it helps them sleep. However this little gem is good for other activities in bed as well. Try calming lavender for a slow, soothing sexual experience.

Lavender combines beautifully with vanilla. Try a few drops of each in some coconut oil and offer your partner a full body massage.

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Jasmine

This exotic floral scent is considered highly sexual and is often used in perfumes. It is said to bring about a sense of energetic euphoria.

Use Jasmine when you are planning a seduction. Diffuse this oil in the bedroom for a wonderful scent that will have you and your partner crazy for each other.

Black Pepper

Turn up the heat with black pepper essential oil. Try putting a few drops on the bottom of your feet to increase libido and rev up your internal sensuality.

The scent of black pepper oil is said to increase the sexual attraction between two people and give stamina for an extra-long love fest.

Use black pepper when you are planning to try something especially hot and steamy.

Try these 5 essential oils to take your sex life to new dimensions. Diffuse them, wear them or sprinkle them on your bedding for all your sexual adventures.

Bonus Chapter 3

8 Anti-Aphrodisiac Foods That May Be Squashing Your Sex Drive

You know that some foods are rumored to make you ready for a romp in the bedroom and give a big boost to your sexual performance. What you may not know is that there are other foods that can send your libido into a nosedive. Here are eight foods to take off your plate if you are expecting to get down and dirty with your significant other.

Alcohol

Most drinkers have experienced the phenomenon known as “beer goggles,” or have found that a glass of wine can lower inhibitions. The flip side is that alcohol is a depressant, and it can seriously mess with your ability to perform. This is particularly the case with guys. If you have any trouble getting aroused and staying that way, consider cutting back on alcohol.

Drinking can also make you tired. If you’ve ever been about to get romantic with someone who has been drinking, only to find them snoring like a bulldozer, you understand.

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Coffee and Soda

Sex requires relaxation for most people, and it can be hard to get sensual when you are experiencing the jitters. Is anxiety a barrier to your sexual feelings? Eliminate caffeine.

Deep-fried Foods

Foods bursting with saturated fat might make you feel good in the moment, but you pay for that indulgence afterward in many different ways. When you eat a high-fat meal, your arteries can become partially clogged and temporarily smaller. That slows blood flow throughout your body, including in your sex organs. The less blood you have available, the less aroused you are able to become.

Soy

Too much estrogen can spell sexual disaster for both men and women, and soy products are teeming with it. When a woman has too much estrogen in her body, she may experience vaginal dryness and low libido.

Men need some estrogen to perform sexually, but too much can lead to a plummeting sex drive. Soy products have also been found to decrease sperm count.

The bottom line is that soy isn't sexy. Skip the tofu if you are planning a tryst.

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Prepackaged Foods

Think twice before preparing that microwavable dinner or opening that can of veggies. Prepackaged products often contain large amounts of salt to better preserve the food. Unfortunately, too much of that salt can make you feel bloated, gassy, and lethargic, three feelings you don't want when you are about to get romantic.

Cheese

Many cheeses include added hormones that can mimic your own and leave you unbalanced. Also, consuming lactose can bring on gas, and no one wants to be battling flatulence in the heat of a sexual encounter. Skip the cheese plate.

Microwave Popcorn

The unexpected libido thief isn't the popcorn itself but rather the chemicals that coat the inside of the bag. Substances like perfluorooctanoic acid have been linked to infertility and a decreased sperm count in men. It can also send your sex drive plummeting.

Don't worry. You don't have to give up popcorn all together. Impress your significant other by making it yourself. It will taste better, and your sex life won't suffer.

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Peppermint

Do you pop a mint into your mouth before sex to fight bad breath? You may be risking the quality of your sexual encounter. The culprit in peppermint is menthol. This seemingly innocuous ingredient can crash your testosterone levels, a key sexual hormone for both men and women.

Also, rather than creating heat, mint cools your body. That's the opposite of what you want to stimulate your sex drive. You're better off just brushing your teeth.

The next time you are planning a dinner date with your significant other, consider what goes onto your plates. The foods you eat can boost or diminish your sexual experience, so be sure you choose wisely.

Bonus Chapter 4

5 Ways to Liven Up Your Dead Bedroom

Whether you're married or dating, young or old, any couple can experience a period of sexual stagnation. It can be depressing and bruising to the ego, and you may think that your only options are to see a counselor or give up completely. But before you throw in the towel or your checkbook, consider these suggestions that could naturally bring the spark back between you and your partner.

1. Break the Rules

Without realizing it, sometimes couples set up unnecessary boundaries for themselves, creating mental blocks that don't need to be there. Break these useless things down. Some boundaries have to exist (no sex on the breakfast table right before the kids eat on it), but some rules have to be broken.

Just because it's after 10 o'clock on a weeknight doesn't mean you can't get weird under the sheets. Haven't showered yet? Perfect opportunity to soap each other up and get down. The kids are home, sure, but they're asleep and your bedroom door has a lock for a reason.

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Continually making excuses about not having sex can condition your mind and body to forget how to appreciate spontaneity. Try not to rely solely on scheduled sessions because that can get dull fast, no matter how much you care about your partner. Go ahead and have sex on Tuesdays, but throw a little Saturday and Thursday in there every now and then.

2. Communicate

The most obvious solution to any problem in a relationship is to talk about it, even if the subject is as delicate as sex. Your lack of intimacy is an elephant in the room, so there's almost no chance your significant other hasn't noticed too. Putting it on the table will at least give the two of you an opportunity to pinpoint the reason (or reasons) for the decline in activity, and then you can begin to work on it.

Maybe her new job isn't what she thought it would be and it's stressing her out too much to even think about sex. Maybe he's put on a few pounds and it makes him feel less sexy. It's even possible that, after realizing your sex life isn't what it used to be, the pressure of getting back into the swing of things is causing your libido to plummet.

Don't feel ashamed to lay it all out there. Wanting a healthy sex life isn't an outrageous demand, but be ready for the possibility of discovering that your sex drive is different from

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your significant other's. And that's okay! Communicating your needs and hearing theirs will help you find a solution that works for both of you.

3. Make Out

Remember when you were in high school and the pinnacle of your existence was sloppily making out in the back of a car for hours? Your body buzzed, your head was cloudy, and it felt amazing. You can still have that! Only this time around, you're a responsible adult who can round home base without worrying about your parents finding out.

Kissing releases all sorts of yummy chemicals into your system, like oxytocin and dopamine, that make you feel fantastic. Let yourselves get carried away in that. Get frustrated and sweaty until you can't stand it anymore. Just because you're no longer a horny adolescent doesn't mean you're only allowed to kiss like a nun right before bed or when leaving for work.

4. Flirt

A huge chunk of sexual attraction is attributed to the brain. Erotic stimulation doesn't have to be based entirely on what happens in the moments right before sex. Arousal can start long before then and build up over time. Flirting with your partner is an excellent way to tease each other and boost your egos along the way.

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Even if you've been together for a decade, nothing is stopping you from subtly letting your partner know how much they turn you on. Sexting isn't just for teenagers anymore. Send a sexy, flirty message while you're at work and let the anticipation build. Be as graphic or veiled as you see fit, but be clear about your intentions. Remember how hard you worked to earn your partner's affections in the beginning and match that tenfold.

5. Have Sex!

No, really! Just have sex. Sometimes all we need is a little push in the right direction, a taste of what we've been missing, to get back on track. Don't force the matter. Sex is natural, and it should feel that way, but even nature needs help sometimes.

If you don't put yourself in a situation to have sex, it probably won't happen. A lot of people operate under the misapprehension that desire's job is to pop up on its own on a regular basis so we can fulfill a need. The reality is that, like everything else in a relationship, intimacy needs work. It has to be nurtured to thrive.

Start slow, taking the time to let affection grow into passion. Introduce new things into your bedroom. If you're not comfortable with that, just talk about your fantasies. The intimacy of sharing such private activities and thoughts will bring you closer together, rekindling your spark and giving you the chance to start fresh.

Bonus Chapter 5

5 Bad Habits That are Hurting Your Relationship

Treating your partner right came easy in the beginning, but as you've grown increasingly comfortable together, bad habits may have crept in. Complacency can form without you noticing, eating away at the special connection you and your partner share. Take time for some honest self-evaluation as you read these five destructive behaviors and how to avoid them.

1. Going on the attack

Framing your partner's flaws in the strongest terms makes you more likely to win the argument, or so your reasoning goes. In reality, no-one is winning when you two are arguing. Be the bigger (wo)man and choose to de-escalate.

Remove the phrases "you always" and "you never" from your vocabulary to avoid heaping unnecessary blame on your other half. Instead, focus on the problem at hand, for example, "when you did x, it made me feel y." Resist interpreting everything your partner says in the worst way possible, and if they do say something that hits below

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the belt, walk away rather than firing back. Conflict is an inevitable feature of every relationship; it's how you deal with it that counts.

2. Bad mouthing your partner

Ranting about your beau or belle to your colleagues, siblings or friends is an easy habit to form. Complaining comes all too easily, while talking up your other half might make you seem aloof or overly sentimental.

The bottom line, though?

Bad mouthing your partner propagates your negative feelings towards them and gives them a bad reputation among your social circle. There's every chance your harsh words will get back to your partner one way or another. Even if they don't, your partner's bound to pick up on the negative vibes flying their way from friends and family.

Try to talk directly to your other half about issues in your relationship rather than taking your problems to the water cooler. And whomever you're talking to, don't be afraid to let them know you are your partner's biggest fan.

3. Neglecting you time

A healthy relationship is all about making time for each other, right? Well, actually, that's just half the picture. Equally as important is spending time on yourself: exploring your interests, developing a skill, meeting new people.

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When you and your partner first met, there was so much to discover about each other. But when you stop growing as a person it's easy for your partner to feel they know all there is to know about you. Mystery turns to monotony and the next thing you know you're in a dangerous relationship rut.

Avoid allowing your relationship to become all you are. Pursue your own hobbies, challenge yourself, and put yourself in new situations. Taking time to grow as a person will give your relationship room to grow, too.

4. Revisiting old wrongs

Your relationship used to be a haven where you and your partner felt free from judgment, safe and accepted. Now you carefully cling to each other's mistakes--the times he hurt you, the times she slipped up--ready to whip them out should you need to prove a point or win a fight.

But it's never too late to leave the past behind. When your partner wrongs you in some way, raise the problem immediately, talk it through, decide how you'll both act going forward, and then move on. Forgiving and forgetting will free your partner from living in regret and free you from ongoing resentment.



*‘Complacency can form
without you knowing...
...take a pro-active approach to
improving your relationship’*

5. No longer surprising your partner

Work got busy. You had children. A family member got sick. There are countless reasons why you might have stopped surprising your partner, but excuses aren't what's important here.

Surprises show your partner you were thinking of them even when you weren't together and that you don't take them for granted. Pick her up a bunch of flowers, buy him a gift for no particular occasion, take her on a spontaneous picnic, or get him tickets to his favorite band. Going all out will show your partner you're all in.

Do any of the habits above ring true for you? The good news is, relationships are all about learning and growing, and it's never too late to change your ways. You'll be surprised how quickly things with your partner go from bad to good or good to great as you take a pro-active approach to improving your relationship.

Bonus Chapter 6

7 Tips for Dealing With Incompatible Sex Drives

Although sex is not the most important part of a long term relationship, partners with different sex drives can find that this incompatibility starts to interfere with other aspects of their relationship. If your partner seems to be less interested in sex, you can feel unattractive, insecure and frustrated. Meanwhile, if your partner wants to have more frequent sex, you can feel pressured and resentful. Read on to discover seven tips that will help you to understand and deal with the difference between your partner's sex drive and your own.

1) Have a long, honest conversation:

If you refuse to talk about your sex life, any problems can be magnified and can start to infect unexpected parts of your interpersonal dynamic. After a while, the whole relationship may turn sour. Given these possibilities, avoiding the issue is one of the worst decisions you can make if you and your partner have incompatible sex drives. That being said, many people find it awkward and uncomfortable to have frank conversations about sex, so if you decide to be the

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one to instigate the conversation then make sure you do so in a way that encourages your partner to open up. Start out by saying that you are not blaming anyone for the issues in your sex life, and that you want to discuss them so that you can work together to find a solution that will make things better. If the conversation starts to become an argument, try to keep calm and remind your partner that you only want to discuss this topic because you care about making sure that the relationship is as good as it can possibly be.

2) Find out whether foreplay is an issue:

People sometimes start to desire sex less because they are not deriving as much enjoyment from the act. In some cases, this is because one partner needs considerably more foreplay in order to feel like they are in the mood for sex. If you are the person with the higher sex drive, ask your partner if they think they would enjoy physical intimacy more if you spent more time kissing or touching before sex. Meanwhile, if you have realized that you would want to have sex more often if your partner tried harder to ‘warm you up’, then say so. This information does not have to be presented in the form of a criticism. For example, you might simply choose to say that you love the way your partner touches you and that you think you would find sex even hotter if more of this foreplay was involved.

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3) Consider different forms of sexual intimacy:

Incompatible sex drives occasionally result from physical difficulties or discomfort. For example, men who struggle with erection problems may have lower sex drives due to nervousness and anxiety associated with sex. Meanwhile, women who have regularly experienced pain during sex may start to shy away from the act in case it hurts them. If you and your partner think that your sex life is being undermined by these types of physical issues, give some thought to expanding your sex life. For example, you might start focusing on manual or oral stimulation instead of intercourse.

4) Never have sex if you do not truly want to:

If your sex drive is lower than your partner's, their unhappiness and your own feelings of guilt may make you feel as though you should just 'get on with it' even if you do not feel like doing so. While this may temporarily please the other person, it tends to have negative consequences in the long term. You may feel used or disconnected from your partner, and if they realize that you are having sex when you do not want to then they may feel offended and embarrassed. This type of well-meaning deception can cause trust issues that run deeper and last longer than the problems in your sex life.

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5) Never pressure your partner to have sex:

If you have a higher sex drive than your partner, it is vital that you never make them feel as though they are under pressure to have sex with you. While you should always be honest if a lack of sex is making you unhappy, you need to draw a distinction between being truthful about your feelings and trying to manipulate your partner into being physically intimate so that you feel better. Your partner is under no obligation to do anything that they do not want to do, and trying to pressure someone into having sex is a form of psychological abuse that violates the person's autonomy.

6) Think about trying new things:

If you used to have compatible sex drives and there are no obvious physical or emotional issues that could be causing a reduction in one of your sex drives, boredom may be the root cause. Although it is often easiest to continue repeating a tried and tested sexual routine, over time the repetition can lead to one or both parties feeling somewhat numb to what used to be a satisfying source of stimulation. When prompted to reflect, the member of the relationship with the lower sex drive may realize and admit that they would be more interested in sex if there was more variety on offer. You can then discuss new positions, purchases and ideas that might make intimacy more exciting (and make your sex drives more compatible).

7) Explore counseling:

Finally, sex therapists and certain relationship counselors are trained to help couples explore the reasons underlying their sexual difficulties, so it is worth considering this option if discussions between you and your partner have not managed to improve your sex life. Although it sounds daunting to discuss something so personal with a stranger, remember that counselors and therapists are required to abstain from judgmental behavior or remarks and that they will have seen many other couples with problems that are more unusual than yours.

Bonus Chapter 7

Solving The Five Relationship Problems That Ruin Sex Lives

Every sex life waxes and wanes, but a dry spell of months or years warrants some serious consideration. While problems with physical intimacy are sometimes caused by physical problems, many couples come up against tricky psychological issues that undermine intimacy. Read on to learn how you can work to solve the five major emotional problems that ruin sex lives.

1) Low self-esteem

A lack of self-esteem can cause reticence to engage in sexual activity or a reserved approach to physical intimacy that misleadingly suggests a lack of enthusiasm. After all, it's hard to let yourself go and enjoy being playful if you're constantly worried that your partner is negatively evaluating your body or your sexual performance. If this sounds like a familiar picture, make sure you confide in your partner about your feelings so as to make it clear that the relationship itself is not in trouble. Sometimes just talking about this can help to increase comfort levels between the two of you, and you can start thinking about ways to

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actively boost your self-confidence. Whether you choose to arrange therapy to discuss the roots of your insecurities or simply feel you need to hit the gym for a few months, being proactive is the key to solving this cause of sexual problems.

2) Dealing with a new member of the family

While newborn babies are utterly delightful in many ways, these beautiful little people can be real mood-killers sometimes. For one thing, it's hard to find the time to woo your significant other when you're spending your days feeding, changing and soothing a brand new baby. In addition, most new parents are utterly exhausted by the round-the-clock care that their new family member requires, making it hard to find the energy to become excited by the prospect of sex. The best course of action is to make sure that you have some time off from being parents. Leave your baby with a trusted relative or friend, and take an afternoon or an evening to enjoy some uninterrupted intimacy (in all senses of the word).

3) Predictable routines

Once you know what works, it is extremely tempting to stick to a sexual script instead of straying from your comfort zone. After all, it feels safe, comfortable and easy. However, a repetitive and unsurprising sex life can deaden desire and make your partner seem sexually uninspiring. If you suspect that predictability is the root of your sexual issues, it's time

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to talk to your partner about new things you would like to try. Instead of saying that you are bored, simply explain that you would like to start having more sex and experimenting with some fun ideas. You can give each other permission to suggest absolutely anything without ridicule, and find new positions, sex toys and scenarios that excite you both. Although it might be intimidating at first, making changes gets easier with practice and can really start to reinvigorate your sexual dynamic.

4) Anger or apathy

There are two major relationship problems that tend to have a profoundly negative influence on a couple's sex life. Firstly, if you have become indifferent to one another and there is not any sense of closeness between you, it's highly likely that you will end up drifting away from sexual intimacy as well. Secondly, if your home is like a war zone and you find yourselves in constant conflict, you may have no desire to let down your defenses in a way that is conducive to enjoyable sexual contact. These types of problems need to be addressed if you are going to have a chance of getting your sex life back on track, so it's time to take a deep breath and talk to your partner about what can be done to improve the relationship. Relationship counseling can be a helpful avenue to pursue when you want to foster better communication, and your feelings about sex can be aired in confidence as well.



***‘Problems need to be addressed
if you are going to have a
chance of getting your sex
life back on track’***

5) Depression

Finally, if one partner has untreated depression then it can dramatically reduce libido, undermine self-worth and make previously exciting activities (such as sex) seem bland or meaningless. If it seems as though one of you is struggling with depression to a significant degree, make an appointment to discuss your situation with your family doctor. Although antidepressants can cause sexual problems as well, it's important to note that not everyone experiences these issues (especially at low doses). In addition, you may find that seeing a therapist is sufficient to help you work your way out of a period of depression and that you are not suffering from a severe chemical imbalance that requires drug treatment.

Bonus Chapter 8

The Secret to Being Sexy: The Inborn Quality That Leads to Desirability

Sexual attraction is a key factor in uniting couples, but what is it that generates the desirable qualities that so many long to possess?

Sex appeal can be described as a vibe – the look, sound and general aura of a person. It is a standard mix of visual and auditory signals that initially turns heads and causes hearts to pump erratically. So why is it when those standard signals are emulated by some, the outcome is not always favorable?

The truth is, looking and acting “sexy” can only get you so far. The genuine art of exhibiting sex appeal and being incessantly desired by the person you long for all boils down to chemistry.

Beauty is in the eye of the beholder...

Have you ever dated someone that you considered to be so attractive, you couldn't get them out of your mind? And then upon getting to know that person, the obsession

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quickly deteriorated because you had nothing in common? It's called infatuation – that passionate feeling that is frequently exaggerated by fantasy, shrouding the not-so-desirable qualities by optimistically filling in the mysterious gaps.

The problem with infatuation is, the manufactured set of images and scenarios mask a person's compatibility factor with the desired individual. Eventually they realize this “perfect” person no longer turns them on – even though they continue to exhibit the same visual and auditory signals that they were initially attracted to.

On the flip side, perhaps you've met someone whom you didn't initially find attractive, but with repeated contact, you began to experience deep, emotional feelings towards that person. This is when something greater than the perception of external qualities is involved; it's when a little thing called chemistry kicks in. The presence of emotional chemistry goes beyond craving a superficial, physical attachment. It is an innate longing to have a deeper connection with the desired individual, for reasons that cannot always be explained.

The thin line between love and hate...

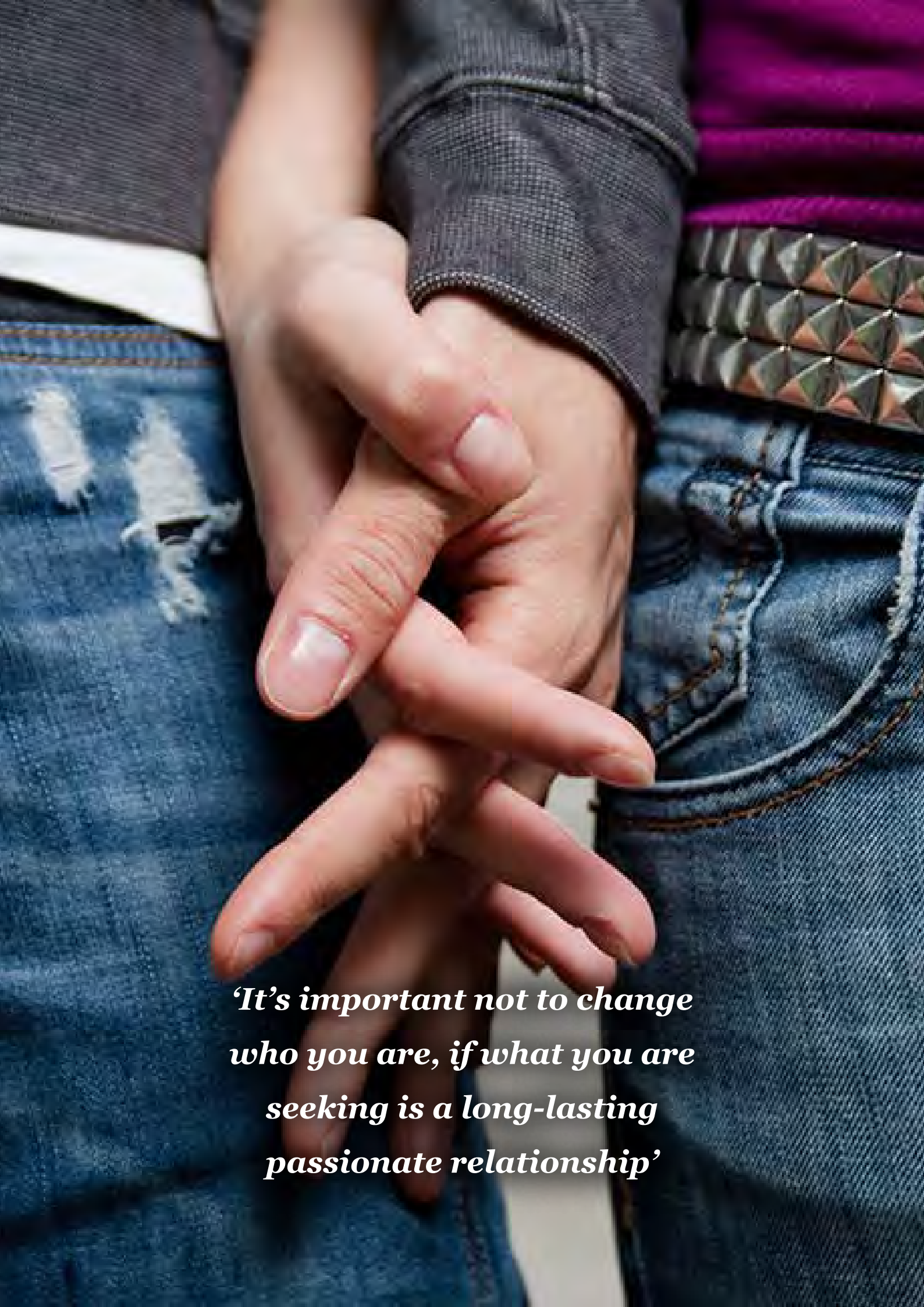
Contrary to popular belief, the opposite of love is not hate. As relationships bond and sever, intense emotional feelings can cause these words to be used interchangeably.

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When we are hurt by someone we love, we may temporarily feel hatred towards that person for causing us pain. In a tumultuous relationship, we may love someone one minute and hate them the next. It's this lack of stability and irresolute feelings that cause our emotions to flip one way and then the other, fueling the flames of the "love/hate relationship."

Rather than hate, the true opposite of love is indifference. When you are indifferent to someone, you don't care what they are doing, what they are thinking, or even what they think of you. That person means very little to you emotionally. But when you "hate" someone, it means you harbor strong feelings for that person. Even though the feelings are less than positive, they still weigh heavily on you emotionally.

Strong, negative emotions can sometimes disguise a buried feeling of affection for someone who does not reciprocate. Unfortunately, these are the sort of relationships that are the most difficult to let go of. What makes matters worse is the intense focus on hatred can cause an individual to miss out on suitable romantic prospects that they regularly encounter.

A close-up photograph of two hands clasped together, with a studded belt and denim jeans visible in the background. The hands are the central focus, with fingers interlaced. The background shows a blue denim jacket with a silver studded belt. The text is overlaid at the bottom of the image.

*'It's important not to change
who you are, if what you are
seeking is a long-lasting
passionate relationship'*

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Sharing is caring...

With experience, stereotypical sexual images go by the wayside in favor of something more mysterious and inherent. It's that knowing look, a shared feeling of excitement and tension, and the abrupt change in the air when that special person is near that induces the feelings we all desire so much.

So it's important not to change who you are if what you are seeking is a long-lasting passionate relationship. Be confident within yourself and allow nature to send out those alluring signals that you already possess. If we look beyond stereotypical images, we have a better chance at finding long-lasting mutual desire and passion. And it is that shared passion for what is under the exterior that is really, truly sexy.

Bonus Chapter 9

50 Cheap Date Ideas

You don't have to be a high roller to plan and execute an exciting, rewarding date. Many men and women alike have found that some of the best dates are those that are heavy on thought and light on cash. If you find yourself with budgetary constraints with your next date looming, here are 50 great ideas that won't stretch your wallet too wide.

1. A Date in the Park

Whether you live in a big city or a smaller town, there is likely a city park where you can spend some time. There, you can spend time taking in the sights, enjoying the animals, or even viewing a little bit of the local history. Most importantly, public parks are free of charge.

2. Planning a Picnic

Though it may feel cliché, a picnic is a good way to show your sensitive side without breaking the bank. You can buy some fruit for a few dollars, and sandwiches won't break the bank, either. Pick out a meadow, and you will be good to go.

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3. Ice Skating

Most cities provide the ability to do some ice skating. This will only cost a few dollars, and it can be a great way to get active with your date.

4. Playing Tennis

Tennis is one of the best date sports, as it's something that men and women can play without much of a problem. Many cities and towns have free public courts, so if you have racquets and balls, you can play without spending a dime. This can also be a great opportunity to show off your skills.

5. Going to the Mall

Most people enjoy the mall, even if it's just for the people watching. You can head there without spending much, and if you keep your eyes open, you can get some ideas on future gifts.

6. Fishing at a Local Pond

One of the keys to a great date is doing something that is both fun and interesting. Fishing fits the bill, and you can do it for just a little bit of money at many local ponds. You may have to bait the hook for your date, but this is a good way to show your ruggedness.

7. A Day at the Beach

If you are lucky enough to live near the beach, you can

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usually go there for free. Bring along a frisbee or some kind of ball to liven things up a bit. Just make sure that you have your beach body ready before you head down to the shore.

8. Lunch and a Matinee

It is a new spin on an old favorite. You don't have to break the bank with dinner and a movie. Just do lunch and a matinee. This way, you can go to that nice restaurant on the cheap, and you can get those movie tickets for a discounted price.

9. Free Outdoor Movie Screenings

Some of the country's biggest cities offer free movie screenings during the warm months. There, you can sit out on the lawn and enjoy some classic without spending a dime. This is a great way to experience a film without the expensive and stuffy theater setting.

10. Create your own Home Spa

A great spa date is the ideal choice for many women. You can save money by turning your own home into a spa. Just buy some oils, a nice bath bomb, and some candles. You can become the masseuse of your own parlor.

11. Scrapbooking

Making a collage or a scrapbook is not just the province of mothers anymore. If you and your date have been together for a while, you can put together a book of your favorite memories.



'You don't have to be a high roller to plan and execute an exciting, rewarding date'

12. Your Own Painting Night

One of the best ways to get to know one another is to paint together. Many places let you pay dozens of dollars to do this. You can buy a cheap bottle of wine and set up your own palate.

13. Bake at Home Night

Whether you love cookies, brownies, or something else, you and your date can turn your kitchen into a special bakery. Have some fun and throw a little bit of flour around.

14. Tour a Home for Sale

If you aren't yet homeowners, then you might take a stroll through a home that's on the market. Make sure it's a home that you might like to own one day.

15. Explore a New City

If you live in a city, then go to a different neighborhood and check out the sights. If you're not in a city, then drive to the closest one and do some people watching.

16. Volunteer Together

There is nothing like giving back in the community to build a connection. Go to a local soup kitchen together to spend a few hours. Work on a Habitat for Humanity home if you can find one. This won't cost a thing, and you'll feel great when it's all over.

17. Taking a Group Class Together

You might benefit from learning something new. Maybe it can be yoga or perhaps you could take comedy classes. These won't cost a lot, and you can bond in a unique way.

18. Take a Hike

If you are lucky enough to live near the mountains, then head there. If you just have a trail, you might benefit from feeling the fresh air there.

19. Take in a Little League Game

If you want to go to a baseball game without the cost of the big leagues, then you might go out and watch some little leaguers. This won't cost anything, and you can get a few laughs along the way.

20. Running is for Lovers

Some couples like to spend time working out in the same gym. Others like to save money by going for runs together. If you both like to work out, then this can be a great way to kill a few minutes together.

21. Spending Time at the Playground

Who says that playgrounds are just for children? Why not spend an afternoon or evening at a local playground? Push each other on the swings or go down the slide. This can make you feel young again.

22. Bike Through Town

If you are lucky enough to own a couple of bikes, then you can start this date for no cost. If not, then you can spend a few bucks to rent a couple of bikes for an hour. This is a good way to stay active without having to go through a full workout together.

23. The Zoo is Cheap

If you have a zoo in your city, you can usually gain access for only a few dollars. If you happen to be in college, a number of zoos will offer free admittance on certain days of the week. This is a good way to spend an entire day with the one you love.

24. Museums on Special Nights

Some museums will provide patrons with one free night per week, or they might have certain exhibits that feature a reduced entrance fee. If you and your date are into history, artifacts, or just some cool architecture, then this can be a lot of fun.

25. Book Shops for Quaint Dates

Whether you have a small book store or you find a large one, you can spend hours sitting with your date in one of these places. You could both grab a book, read a few pages, then talk about what you read.

26. Local Jazz on the Cheap

You don't have to live in New Orleans or Memphis to enjoy jazz. Many cities have jazz clubs where you can enjoy great music for free. Just grab one drink and let the music carry the evening.

27. Local Colleges and their Plays

If you can't afford Broadway, then you should head for the next best thing. Many local colleges put on productions, and you can save a lot of money while still seeing a great show.

28. Take in a Local Speaker

If you and your date happen to be intellectuals, then you can spend an afternoon listening to a speaker that interests you. This becomes much easier if you live in a place with multiple colleges.

29. State and National Parks

Some national parks provide the most beautiful views your date will ever see. If you aren't lucky enough to be near Glacier, Yellowstone, or Acadia, then you can head to your local state park.

30. House-sitting

If you and your date are to the point where you're staying together, then you might volunteer to house-sit or dog-sit

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for your friends and family. This can be a great way to get a mini-getaway without having to spring for a hotel out of town.

31. Board Games are Made for Double-Dates

If you can round up another couple, then you can play board games at little to no cost. Games like Settlers of Catan and Monopoly can provide fun for a few hours, and if you add in some wine, they can be highly entertaining.

32. The Local Bar Trivia Night

There is nothing like a bit of competition to get the juices flowing. Go to a local bar, grab a drink, and play some trivia. If your bar doesn't offer trivia, then maybe you can take in their bingo night.

33. The Kings of Karaoke

Just going to a bar isn't too much fun, but when you add karaoke into the mix, your date will be much more entertaining. Try singing a duet with your date, and show off those impressive pipes.

34. Flea Market Afternoons

Everyone can find something they love at the local flea market. This is shopping with a twist, and you can leave with a car full of stuff without spending too much. As an added bonus, this will reveal something about your date's personality.

35. Saturday Garage Sale Hunting

Get up early one Saturday morning and attend one of those garage sales that people are always advertising. You might find something cool to buy, and at the very least, you and your date will see some interesting people.

36. Roller Skating

If ice isn't your thing and you don't mind being surrounded by a bunch of kids, the roller skating rink is a great place to spend a night. Rent some skates, hold hands, and purchase some of the best pizza you will ever find.

37. Mini-Golf

For less than ten bucks each, you can play a round of mini-golf. Put a small wager on the match, and you might just end the night getting that back rub you've needed.

38. Picking your own Fruit

Go to the local apple orchard or strawberry farm, and see which one of you can put together the best looking basket. These fruit farms will often let you spend hours, and you will only pay the price of the fruit.

39. Brewery or Winery Tours

Many local breweries and wineries will offer tours for only a few dollars, and while you are there, you will have the opportunity to drink on the cheap. Alternate weekends with beer or wine depending upon your dueling interests.

40. Bowling on a Budget

You can rent shoes for a few dollars, and each game will only cost a couple of bucks. You can spend a great night at the bowling alley without breaking the bank.

41. Going to the Fair or Carnival

Indulge the child inside and ride a Ferris wheel. Spend some time eating cotton candy or play the carnival games. This can cost a little or a lot depending upon how much fun you want to have.

42. Test Drive the Nicest Car

Put on your best suit, head down to the local dealership, and take a great car out for a spin. This won't work unless you are presentable and have decent credit, but if you can pull it off, you will have an incredible hour or more.

43. Haunted Houses and Hay Rides

As Halloween approaches, you might find cheap dates that will scare your date a little bit. Local haunted houses are a lot of fun, and some places around the country will offer cheap hay rides.

44. Luck Be a Lady

You don't have to spend a lot of money to have fun at the casino. Play the low-limit tables, drink for free, and spend the night with your date draped over your arm.

45. Getting a Psychic Reading

Have you ever driven by one of those psychic reading houses and wondered what goes on inside? Next time you're on the hunt for a good date idea, stop at one of those places. For a few dollars, you can learn one version of the future.

46. A Blanket by the Stars

It costs nothing to sit out and look at the stars. If you are desperate for a great, romantic date, then grab some dessert wine and throw a blanket down on a clear night.

47. Visit your Childhood Home

If you happen to live close to where you grew up, take the time to visit your old stomping grounds. Take your date around your old street to show them where you learned to walk, talk, and everything else important in life.

48. An Underrated Coffee Shop

Chances are that a good coffee shop is waiting for you right in the middle of your town. Get up early one day and grab breakfast with your date at the coffee shop you've been meaning to try.

49. Attend that Local Cookout

During the nicer months, people will undoubtedly invite you to local cookouts. Take them up on that offer this time, and if you're allowed, bring along a date. You might be surprised by how often you turn down free food and drink.

50. Breakfast in Bed

Early one morning, surprise your date with breakfast in bed. Breakfast foods are notoriously cheap, and you can score major points by cooking up a great meal while your date is fast asleep.

Bonus Chapter 10
**Boost Your Sex Life
With These Ten
Remarkable Foods**

Whether you're looking to spark a waning sex drive or increase your body's response to physical pleasure, there are foods out there that can help reach your goal. For example, some ingredients can increase endorphin levels while others can help to balance your hormones. Read on to discover ten of the most exciting and useful ways to influence your sex life by changing your diet.

1) Vanilla

Vanilla has a rather boring reputation, but the vanilla bean is actually a nerve stimulant. As a result, vanilla consumption may sensitize your skin and increase the pleasure you feel when your partner touches you. This handy benefit can make foreplay much more exciting and lead to more passionate sex.

2) Asparagus

Since asparagus is well known for changing the scent of your urine, it might not be your first thought when you consider

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sexy foods. However, the aphrodisiac qualities of this delicious vegetable have been documented since as early as the 17th century. Recent research suggests that asparagus stimulates the libido by making you have more folate at your disposal. In addition, asparagus increases histamine production, and histamine is necessary for orgasm.

3) Pomegranate juice

Pomegranate juices spikes testosterone levels, increasing them by up to 30% in some studies. This male sex hormone can enhance the sex drive of both men and women, leading to a greater interest in more frequent sex. Further, some research suggests that pomegranate juice improves circulation, which can improve male sexual performance and enhance physical sensations.

4) Honey

This natural sweetener provides you with a hefty dose of boron, a chemical that helps to make sure that male and female sex hormones remain in the right balance. As a bonus, honey can offer you a quick improvement in energy levels, potentially increasing your enthusiasm for lovemaking.

5) Red wine

Since alcohol can reduce physical sensations and inhibit sexual function, it's important to go easy on the wine if you're planning to get intimate with your partner. However, a little red wine can actually help to improve your sex life.

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In particular, red wine contains resveratrol, an antioxidant that increases the blood flow to your nether regions.

6) Chilies

Hot chilies instigate endorphin production, leading to greater levels of energy, excitement and happiness. While you can also enjoy these consequences by hitting the gym, sharing a spicy pasta dish with your partner can be a much more enjoyable precursor to sex. Chilies also create physical responses similar to those evoked by sexual stimulation, such as sweating and a faster heart rate. As a result, seeing your partner eat hot food might subconsciously kick-start feelings of arousal.

7) Chocolate

Chocolate is a classic sensual food, as lovers often enjoy feeding it to each other or consuming chocolate coated strawberries. More interestingly, however, it contains phenethylamine (PEA) that enhances your response to pleasurable sensations and may even make you feel more physically attracted to your partner. It's also worth noting that the tryptophan in chocolate appears to help people feel more mellow and optimistic.



*‘...influence your sex life
by changing yor diet’*

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8) Bananas

Bananas have an undeniably phallic appearance that might immediately encourage sexual thoughts. However, they also contain minerals and enzymes that have been shown to boost male sex drive, so it's important to eat them after looking at them!

9) Oysters

Another famous aphrodisiac, oysters do have certain properties that seem to improve sexual function. For one thing, it has a high amino acid content that stimulates sex hormone increase. In addition, sperm production may be improved by the zinc found in oysters.

10) Coffee

Finally, recent research on caffeine suggests that a cup or two of coffee can help to improve things in the bedroom. It seems that caffeine increases blood flow and heart rate in a way that enhances sexual response in women in particular, but further studies may reveal similar results for men.

Bonus Chapter 11

Is My Relationship Healthy? A Quick Guide

A sound relationship ought to have the following qualities:

A sense of respect for one another. Your partner ought to be able to give you the same respect he wants from you. This is honor for your identity, for your unequalled personality – your humor or the uncanny way you laugh. Likewise this means a sense of respect for your choices. Accepting your choices and comprehending it. Simply put, mutual esteem in a relationship implies that you value each other's differences and comprehend them, not attempt to alter the other individual's personality.

Trust for one another. Trust means recognizing that your mate is faithful to you regardless how many alluring chances surround him. This is when you see your beau talking to a new girl in his class and you'd know deep inside that your mate loves you enough to not play around. Everyone is entitled to feel envious. It is, after all, a really normal emotion. It's how you respond to that emotion that will count. Acting on jealousy will only bring you down and won't be healthy for your relationship.

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Truthfulness with one another. This ought to go hand in hand with trust as trust is based on how honest your mate is to you. How may you trust somebody who can't be truthful with you? Once you've caught your mate in a huge lie, you'll have doubts the next time he tells you where he's going or whom he's accompanying.

Supportiveness. Your mate won't merely need your support during problematic times. There are individuals who appear to merely come along out of thin air to offer a helping hand if everything appears chaotic, but is nowhere to be found during euphoric times. It's nice to have somebody to share wins and happy times with. It constantly feels great to know that you have somebody who trusts in your capabilities and celebrates your accomplishments with you.

Equity. Relationships ought to be reciprocation. Taking turns in making choices, be it as easy as selecting a movie to watch or a place to eat at. This includes that you're not keeping count of how many times the other individual has made the choice for the two of you as a couple, and you're not turning the decision making procedure into a power struggle as to who ought to get his way.

Separate individualities. This implies compromising in conditions where there's a difference in interest. This doesn't have to wind up with one losing his identity merely to give way to the other individual. Both mates ought to still

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be able to sustain time for their own interest like when they began with the relationship.

Open communicating. This includes being able to express how you feel openly and truthfully to your mate without concern of having your candidness misconstrued. Having the sincerity to speak what's on your mind, provided you've thought it out thoroughly enough to understand that what you say will be taken in a good, constructive way.

What makes a relationship unhealthy?

A relationship begins becoming unhealthy when it turns mean, disrespectful, controlling and injurious. A few individuals are exposed to domestic violence and begin bringing it over to the way they carry a relationship. An individual who has grown up to watching physical and emotional punishment inside their homes will most likely believe that it's normal in a relationship.

Relationships commonly need work. It might have started with an overpowering feeling of love for each other, but then again, keeping that love is an altogether different thing. Comprehending you and your mate's differences, accepting them and working around those conflicts will make your relationship simpler to handle. Keeping it healthy, will make you both thrive and grow not merely as people, but as a couple too.

Bonus Chapter 12

Have Realistic Expectations

Among the reasons being in love may be so frustrating is that a lot of us expect magic. We expect chemistry, compliments, allegiance and clever conversation.

And we expect it all before the main course has even gotten there. Sustaining healthy expectations in love doesn't mean lowering your standards or flexing your morals.

Rather, it means coming to the table with an open mind and letting relationships build by nature in their own way and at their own rate. If you frequently feel disappointed after you fall in love, you might be manifesting your own destiny. Attempt these tips to help recalibrate your love expectation scale.

Arrange your life for success. View a date as a chance to share things and get to understand a new individual. That's it. If a 2nd date comes after, great! If fireworks blow up, even better! Blooming romance is a bonus of a love, not a fundamental.

Be an honest romantic. Having fair expectations doesn't mean turning bitter and jaded. It's possible to keep

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your heart opened up and your spirit rosy, even as you stay grounded and pragmatic.

Understand that your love owes you nothing. In the start of getting to understand one another, the only thing needed is that your love treats you with kindness during your time together. Past that, you're on your own. Your love doesn't owe you anything. Your love doesn't owe you a telephone call later in the week. Your love doesn't owe you an account of why he or she doesn't wish to see you on a particular day.

Be honest about how much you are able to and not able to give. If you do not feel like kissing at a particular time, do not kiss then. If you can't pay for an expensive dinner, do not agree to an expensive dinner, unless your love insists on paying for you. If you're tired and wish to get to bed following dinner, get home and get to bed following dinner. If you do not wish to have sex outside, do not have sex. Giving more than you're ready to give is certain to make people be resentful and heartbroken.

Let the relationship show you what it's about rather than trying to steer it where you think it should to go. You've no way of knowing where things are going. Keep your mind in the here and now and surrender control.

Allow for a raw ebb and flow. Getting to understand somebody is a slow procedure with its own rhythm. You link up. You pull apart. You link up. You pull apart. Do not freak if you seem to be drifting in different directions. This is the natural way.

Keep your life. Continue seeing your friends. Keep your routines the way there are. When you first meet somebody it may be easy to float away in an all-consuming, lovesick bubble. This is natural and fantastic, but someday the bubble is going to break. Keeping a little semblance of your own life will make your fall to truth all the easier.

If your love seems disinterested in you, move on. If you're disinterested in your love, move on.

Bonus Chapter 13

Learn How to Take Responsibility For Your Part of The Relationship

We're responsible for our actions--all of them. We're responsible for our ideas and action, whether calculated or unintentional. A responsible individual makes errors, but if they do, they take responsibility and make it correct. Here are ways to be responsible.

Be accountable. Maybe you yelled at your kids because you were sapped at the end of a long day. Perhaps you snapped at your mate who was talking your ear off about things you truly weren't interested in. Perhaps you beeped your horn and gave a raunchy gesture to a wandering driver who cut you off.

Even if the other individual was out of line, you're responsible for yourself. Whatever you do, you're responsible for your behaviors. If your children are feisty, your mate unreasonable, your colleague unbearable, you're always responsible for how you react. Your action is under your command.

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Quit blaming. It's simple to point the finger. As a matter of fact, you may build a case against anybody. However blaming other people doesn't help you get to be a responsible individual. If you quit pointing the finger, you have command over yourself. Simply because the other individual is a dork, do not be one yourself.

Acknowledge what occurred. If you acknowledge, "Yes, I didn't call like I said I would," you eliminate the need to cook up crazy excuses. "I messed up" is the responsible sentence, and if followed with "How may I make it up to you?" it makes individuals ready to forgive. Your integrity earns value.

Accentuate the favorable. Move through your day with favorable attitude. Have you ever noticed that individuals who do not take responsibility for their own actions are negative and cynical? The people who blame other people seem to have the worst luck. Anything that fails is always that other individual's fault.

No wonder they do not accomplish much happiness. They're ceaseless victims. If you take responsibility for having the life you wish, you shift your focus from what failed to what went correctly. A little shifting in focus turns a loser into a winner.

See yourself clearly. Taking responsibility includes acknowledging both your weaknesses and fortes. It means

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acknowledging all that's wonderful about you. If you take responsibility you understand your talents and put them to use.

You know if you've done a great job. You appreciate your work. You're kind to yourself. A responsible individual doesn't dismiss her own accomplishments. She knows her great and positive qualities. She has a full picture of who she is. A responsible individual goes on to grow emotionally.

Say "thanks." Accept praise graciously. If somebody acknowledges you, say, "thanks." If somebody is kind or gives you a present, the responsible response is a sincere "thanks."

Practice healthy self-focus. Thinking too much about our own issues, worrying ceaselessly about the future, ruing the past, and feeling sorry for ourselves may lead to indulgent self-pity.

It's consuming. But, taking time to truly know what makes you tick; in a gentle, reflective way is the start of self-love and personal responsibility. If you get familiar with your hurts, your limits, your gifts and talents, you grow into the best individual that you may be, then you're alive and living your best life and working on true love.

Bonus Chapter 14

From Aries to Yod (via Malefic): A Glossary of Zodiac Terms

Like every other discipline, astrology has its own glossary, a set of specific terms that refer to the many aspects of this ancient art. These are the most common terms used by astrologers.

Aries: The first sign of the zodiac, symbolized by the Ram and of the element of fire. Aries rules the first house, and the head (in medical astrology). The keywords are ‘I Am’

Aquarius: The 11th sign of the zodiac, symbolized by the water bearer and of the element of air. Aquarius rules the 11th house, and the lower legs. The Keywords are ‘I Know’

Ascendant: The first angle of the chart, and the rising sign. This house describes how a person looks, according to the characteristics of the rising sign.

Aspect: Angles made by the planets in relation to each other in the natal chart. Planets in aspect to each other work in harmony with good aspects, or create tension with difficult aspects.

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Asteroids: Minor planets, mostly found between the orbits of Mars and Jupiter. Some of these, such as Juno, Pallas and Vesta, are used by astrologers to 'fine tune' a natal chart.

Axis: The polarity of the MC/IC and the Ascendant/Descendant. These angles are the main areas of life - career and home, and personality and relationships. Planets placed at these angles have extra power in the chart.

Benefic: A planet or aspect that is beneficial - Venus and Jupiter are said to be beneficial planets and the sextile and trine are beneficial aspects.

Birth date: The starting point of astrology, whether it is the birth of an event or a person. A date is needed to fix the chart in time and space.

Birth chart: An astrological chart drawn up for the date of birth of a person (or an event).

Cancer: The 4th sign of the zodiac, symbolized by the crab, and of the element of water. Cancer rules the fourth house and the breasts. The keywords are I Feel.

Capricorn: The 10th sign of the zodiac, symbolized by the goat, and of the element of earth. Capricorn rules the fourth house and the bones. The Keywords are 'I Use'.

Chiron: A comet body orbiting between Saturn and Uranus, now regarded as another planet in Astrology. Chiron in

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mythology is half-man half-horse, a healer who carries his own deep and open wound, therefore he is known as the Wounded Healer.

Composite: A composite chart is used in relationship astrology, combining the charts of two people to better understand the nature of their relationship.

Conjunction: Two planets within 5-10 degrees of each other in the same sign are said to be in conjunction in a chart.

Constellation: A group of stars in the sky that forms a recognizable pattern. Astrology uses only the 12 constellations that the Sun passes through. (See Ophiuchus).

Cusp: The line that separates one zodiac sign from another in the natal chart. The area between cusps measures 30 degrees, but for the purposes of astrology, signs measure 0-29 degrees from beginning to end, and each sign starts at 0 degrees.

Degree: The unit of measurement used in Astrology. The zodiac wheel is 360 degrees, broken down into 12 signs of the zodiac measuring 30 degrees each.

Descendant: The sign opposite the Ascendant. This will always be the sign that is opposite to the sign on the Ascendant - Aries/Libra, Taurus/Scorpio, Gemini/Sagittarius, Cancer/Capricorn, Leo/Aquarius, and Virgo/Pisces.

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Dwarf Planet: The IAU (International Astronomical Union) defines a dwarf planet as one with enough mass to have gravity, but which shares its orbit with other bodies of equal gravity. Pluto has been declared a dwarf planet but this has not affected its use in astrology.

Earth: For astrological purposes, the center of the solar system, since it is the astrologer's standpoint.

Eclipse: Lunar and Solar Eclipses are important events in astrology, and where they make contact with a natal chart, they coincide with significant times in a person's life.

Element: The four elements are earth, air, fire and water. The element in which a planet resides defines much of its character. Aries, Leo and Sagittarius are fire; Gemini, Libra and Aquarius are air; Cancer, Scorpio and Pisces are water; Taurus, Virgo and Capricorn are earth.

Ephemeris: A set of tables giving the positions of the planets, asteroids and stars for a particular time and date.

Gemini: The third sign of the zodiac, symbolized by the twins and of the element of air. Gemini rules the third house and the keywords are 'I Think'.

Glyph: A single character used to denominate a planet, sign or aspect in a chart.

Geocentric: Placing the earth at the center of the zodiac.

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Horoscope: A natal or birth chart cast and drawn up by an astrologer which includes interpretation of the planets in their signs and aspects.

Houses: The zodiac wheel is divided into 12 houses as well as 12 signs. Each house rules a different aspect of life. There are many different house systems but the most commonly used is 'equal house' in which each house is 30 degrees.

IC: The Imum Coeli (bottom of the sky) is the lowest point in the zodiac wheel at the opposite point from the MC (Medium Coeli). It signifies foundations and inherited traits.

Inner Planets: The seven planets and luminaries visible to the naked eye; Sun, Moon, Mercury, Venus, Mars, Jupiter, Saturn.

Juno: One of the asteroids, or minor planets, used in astrology. Juno is generally found to be involved in matters of marriage.

Jupiter: The planet of expansion and geniality, and the ruler of Sagittarius.

Key Words: An important concept in astrology. Each area of interpretation - the signs, the planets, the elements and the houses - have distinct keywords which, when combined, provide a reliable guide to interpretation. Each sign also has keywords denoting its essence.

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Leo: The 5th sign of the zodiac, symbolized by the Lion and of the element of fire. Leo rules the 5th house and the keywords are 'I Will'.

Libra: The 7th sign of the zodiac, symbolized by the scales and of the element of air. Libra rules the 7th house and the keywords are 'I Balance'.

Luminaries: The Sun and the Moon. They are not planets, although in astrology they are generally referred to as planets.

Malefic: An aspect, sign or planet thought to bring bad luck in traditional astrology.

Mars: The planet of energy and action, and the ruler of Aries.

Mercury: The planet of communication and the mind, and the ruler of Virgo and Gemini.

MC/Midheaven: The Medium Coeli (center of the sky) or highest point of the chart. It is the point in the chart that signifies goals and career.

Moon: One of the luminaries, the moon defines a person's emotional life and responses, according to the sign and aspects.

Natal Chart: The chart drawn up for a person's date, time and place of birth.

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Neptune: The planet of dreams and visions, and the ruler of Pisces.

Nodes of the Moon: These are not actual bodies, but points in the Moon's orbit where it crosses the ecliptic. The North and South Nodes of the Moon are naturally in opposition and appear to be quite active by aspect to personal planets as important time in the life.

Ophiuchus: The so-called 13th sign. The Precession of the Equinoxes means that the sun's path around the earth has changed over 2000 years. It now passes through Ophiuchus (the Serpent Bearer) in November/December, and the signs have effectively moved from their original positions. Ophiuchus Astrology has some adherents but as astrology is mostly symbolic, there has been no general move to include it.

Opposition: When two planets are in opposite signs, with a separation of 0-0 degrees, they are said to be in opposition.

Orb: The permitted amount of separation between two planets in the natal chart. The ideal is 0-5 degrees, but can go to 10 degrees if luminaries are involved.

Outer Planets: Uranus, Neptune and Pluto. These planets are believed to have a generational effect unless they aspect personal planets.

Pisces: The 12th sign of the zodiac, symbolized by the fishes and of the element of water. Pisces is the ruler of the 12th house and the keywords are 'I Believe'.

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Progressions: A form of forecasting, in which the movements of the sun, moon and inner planets in the days and weeks following the birth are noted at later times in life to see if they make significant aspects to the natal chart.

Place of birth: The location of the birth is an important piece of information an astrologer will require for a completely accurate natal chart.

Pluto: Now a dwarf planet, Pluto continues to be an important part of natal astrology. It signifies life changing events.

Quincunx: Also known as an inconjunct, this signifies planets that are 150 degrees apart with a tight orb of 0-5 degrees.

Quintile: An aspect between planets of 72 degrees.

Quesited: In horary astrology, the quesited is the person or object in question. For example, in the questions where are my keys or will I marry this person, 'keys' and 'person' are the quesited.

Rectification: This is a specialized area of astrology that attempts to find an unknown time of birth through a careful study of the person's chart at significant times in life.

Retrograde: It is not possible for a planet to go backwards in the sky, but it is possible for it to appear to do so. When this happens it is called retrograde motion, and is well

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known for making things slow down or get out of kilter, especially when it is Mercury.

Rising: A planet that is above or below the Ascent (or rising sign) at the time of birth is said to be 'rising'. This can be significant in the life path. Mars, for example, can signify a link to the military.

Rulership: The signs have their planetary rulers, such as Mars and Aries. The rulership of a sign is a strong indication of its overall nature.

Return: Faster moving planets in the solar system make regular returns to the positions they held in the birth chart. These returns can be significant times in the life, such as the first Saturn return which occurs about the age of 30.

Saturn: The planet of responsibility and restriction, and the ruler of Capricorn.

Sextile: An aspect of 60 degrees between planets.

Sagittarius: The 9th sign of the zodiac, symbolized by the Archer and of the element of fire. Sagittarius rules the 9th house and the keywords are 'I Seek'.

Scorpio: The 8th sign of the zodiac, symbolized by the Scorpion and of the element of water. Scorpio rules the 8th House and the keywords are 'I Desire'.

Solar return: When the sun returns to its original position in the birth chart, on or around the birthday.

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Station: This refers to a planet which appears to stand still, or 'station', before moving forward again from being in retrograde motion.

Stellium: When four or more planets come together in a sign. They do not have to be in conjunction, although this would make it more powerful.

Square: An aspect of 90 degree between planets, with an orb of 0-0 degrees.

Sun Sign: The sign the sun occupies at the time of birth, wrongly believed to be all an astrologer needs to understand character and relationship potential.

Synastry: The art of relationship astrology and the interplay between the charts of a two people.

Taurus: The second sign of the zodiac, symbolized by the bull and of the element of earth. Taurus is the ruler of the 2nd house and the keywords are 'I Have'.

Transit: A transit occurs when a planet's current position connects with the position of a planet in the natal chart

Trine: An aspect of 120 degrees between planets.

Time of birth: The exact (or close to it) birth time is important to ascertain the correct sign and degree of the Ascendant.

Uranus: The planet of eccentricity and the unexpected and the ruler of Aquarius.

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Virgo: The 6th sign of the zodiac, symbolized by the Virgin and of the element of earth. Virgo rules the 6th house and the keywords are 'I Analyze'.

Void of Course: Refers to the Moon having passed beyond the point of making any aspects to other planets until it enters the next sign. A void of course moon is not the best time to make major decisions.

Venus: The planet of love and beauty and the ruler of Taurus and Libra.

Xena: Also known as Eris, a dwarf planet that is used by modern astrologers. She is regarded as being the female form of Mars and is indicative of feminist views.

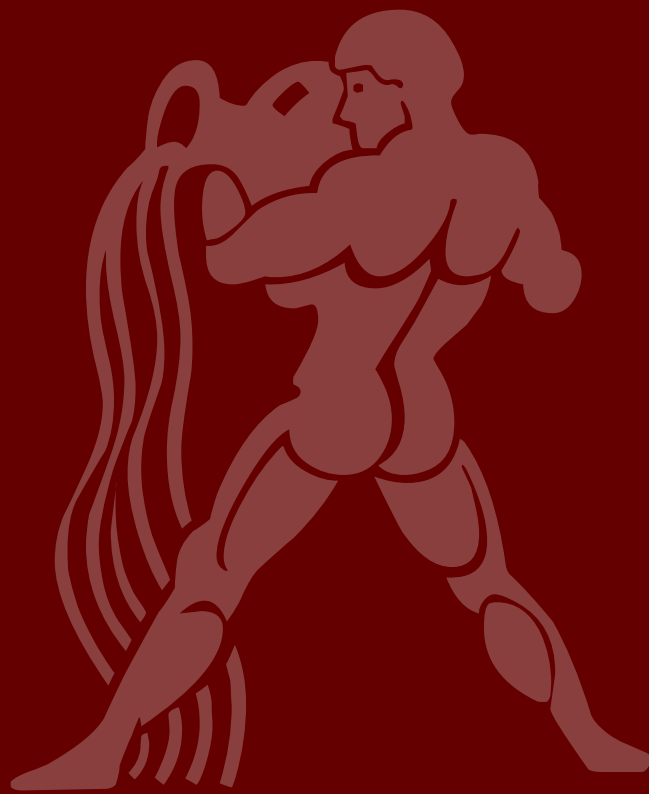
Yod: The 'Finger of God'. The Yod consists of two planets in sextile aspect on one side of the chart and a third planet on the other side in quincunx to both. This is a rare aspect and is considered to be highly significant.

Zodiac: The wheel of the zodiac on which all natal charts are based. It is 360 degrees in a complete circle.

***‘I don’t believe in regrets; I believe
your future is in your tomorrows’***

John Travolta

...an Aquarian Man



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