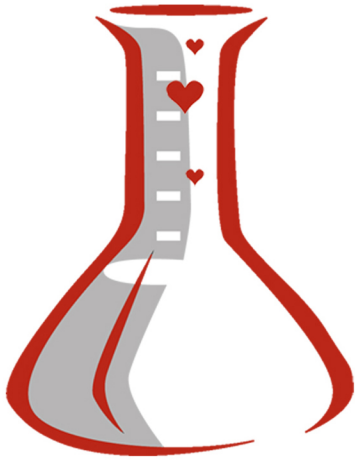


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- Why most people miss out on coming across as intelligent and attentive, and how you can strike the perfect balance.
- Plus, the one SIMPLE THING you can do to reinforce their perception that you are caring and interested.

How to

Make a Great First Impression

by
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How to Make a Great First Impression

When you meet somebody new, you have perhaps ten seconds before an indelible, lasting mental snapshot of you is formed by that person.

Interestingly, over 80% of what contributes to that impression isn't anything to do with what you say!

When it comes to forming an initial opinion of someone, the spoken word is practically meaningless. It's the visceral, instinctive things, which most people can't control, that form those opinions ... things like posture and eye contact. All of these things fall under the broader context of *body language*, which is what we'll be discussing in this section.

To portray yourself as a charismatic, interesting, interested, intelligent, and confident person, you need to first *consider* those aspects of yourself which make up your own individual body language and then take steps to *control* them.

So let's take a look at the components of body language and how it contributes to people's impressions of you, as well as how you can control your own body language so that the first impressions you make are always positive and noteworthy!

Posture

Your body communicates who you are and how you're feeling much more efficiently than words could. Even if you were equipped with a megaphone and your own private soapbox, all the words in the world can't counteract the effect of body language. It's a visceral thing, and there's no denying it.

You want to utilize your posture to your best possible advantage, so let's take a look at exactly *what* good posture is.

The #1 tip about posture is keep it open, not closed! Uncross and unfold *everything*.

Having crossed arms, ankles, or legs makes you look ambivalent and uncertain. This is what I mean when I say "closed" posture. You look closed off to the world and to new opportunities, social or otherwise. It's like holding up a big sign that says, "Don't talk to me: I'm unconfident and ill-at-ease."

If you want to be seen as sexy, confident, a high achiever, and Someone-To-Talk-To, stand like this:

1. Weight on one leg.

When we're comfortable with our surroundings and situation, our body reflects this and falls naturally into a more casual, comfortable stance. Keep your heels a few inches apart, instead of rammed together, and rest your weight on one leg.

2. Keep your back straight, but *relaxed* straight.

If you sit or stand like a ramrod, you'll look militaristic and tense. If you keep a slight curve to your spine (read: *slight!*) you'll seem much more at ease – and you'll be more comfortable, too.

3. Shoulders back and down.

When we're tense, nervous, or stressed, our shoulders get higher and higher. Sometimes we don't even know we're doing it. To get rid of the hunchback effect, pull your shoulders up to your ears, then roll them back and down. You don't need to send your back into a rictus of muscle spasms to do this; there's no need to cinch them right back and down. Just keep them relaxed but straight.

4. Find a comfortable position for your hands.

Don't know what to do with your hands? Don't fidget: it looks insecure and as if you don't know what to do with yourself. It's a giveaway that you're nervous. Big turn-off!

But you don't want to cross your arms (*closed body language*) or ram them in your pockets (*it looks like you've got something to hide*), what else can you do?

Your best option is to place one hand on a hip. It gives you the appearance of a dynamic, get-things-done person. If you can't stomach the brazen confidence of this posture, rest the fingers of one hand lightly on the wall or a piece of furniture; let your other arm lie at your side with fingers relaxed (not balled up or clenched!) and lightly touching your thigh.

5. Keep your chin up slightly and keep your facial muscles relaxed and inviting. A slight smile on your lips and around your eyes goes a long way

Eye Contact

Eye contact is a powerful tool during social interaction. It's an incredibly important aspect of making a good impression, and yet a lot of people find it difficult to strike the right balance. Too little eye contact, and you seem evasive and nervous. Too much eye contact, and you can seem hyper-intense and even insincere.

When eye contact is made – and made well – it engenders feelings of respect, affection, and closeness. It's the most unmistakable signal that you hold the person on the receiving end of it in such high esteem that you're willing to pay them the ultimate compliment: your undivided attention. It's a very flattering feeling, as it connotes a sensation of intense interest and caring.

Most people do not make enough eye contact.

In this section, I'm going to be explaining to you the benefits of high levels of eye contact, and I'll be asking you to undertake a little project: to increase the amount of eye contact with people. Even if you think you're making plenty of eye contact, I'm asking you to up the ante ... and watch what happens. I think you'll be pleasantly surprised.

Benefits of Eye Contact

So let's take a look at two of the biggest benefits of eye contact and why it is that this simple thing – just holding someone else's eyes – is enough to make them like and respect you.

1. Believe it or not, but eye contact actually makes you seem more intelligent.

Most people find it nearly impossible to hold eye contact and process information at the same time. This is why the normal pattern of human conversation usually involves eye contact only at the beginning and end of each person's conversational contribution.

You look at someone to make sure they're listening to you. Then, you start to talk and look away, although you might flick the odd glance at them every now and again to gauge their reaction. When you're done, you look back to them to signal that it's now their turn.

Holding eye contact while someone is speaking gives the impression that you're self-possessed and intelligent.

2. Making someone feel like they've riveted you with their conversation and insights is a powerfully addictive feeling – *for them!*

There's nothing quite like the sensation of talking to someone who really appreciates what it is you have to say, and *eye contact* is a great way to make someone feel this way. Because most people aren't aware enough of themselves to consciously modulate their body language (including eye contact), the compliment bestowed by your attention is inherent. It's very difficult to fake eye contact, so the receiver will feel implicitly complimented by yours. And we all like people who make us feel great about ourselves – it's a win-win situation!

Using Eye Contact to Your Best Advantage

There's no hard and fast rule to eye contact. You'll need to alter the intensity and duration of the eye contact made according to the *situation* and, perhaps not entirely surprising, the *gender* of the person you're making contact with.

Direct and prolonged eye contact is not always perceived as a welcome sign of attention and interest; it can *also* be seen as a challenge or even as a signal of hostile intent.

The difference in interpretation, according to studies, is primarily *gender-based*.

Women, it seems, aren't threatened by lots of eye contact, either from other women or from men. In fact, they welcome it. It makes them feel intimate and connected with the person they're exchanging the contact with.

The same study showed that those males surveyed were comfortable with a high degree of eye contact *from women*, but that increased levels of eye contact from other males elicited a negative reaction. Some men felt threatened. Others felt aggressive. Still others felt that the male initiating the eye contact was displaying an offensive level of interest in them.

Ways to Practice Eye Contact

So here are some ways to increase your customary levels of eye contact.

(Now, you don't have to stare! I'm just asking you to practice holding people's eyes for just a second or two longer than you normally would.)

Use a pinch of common sense when it comes to making eye contact and remember what I told you about gender preferences:

- ✓ If you're a guy, hold the eyes of a female conversation partner as long as you choose. She'll feel special, as if she's the center of your attention.
- ✓ Women, likewise, you're in the clear: both men and other women welcome lots of eye contact from you.
- ✓ If you're a guy making eye contact with another guy, don't go overboard. Hold eye contact for three seconds when you're introduced, and from then on demonstrate a level of eye contact that's only *slightly* more than what you'd normally display.

Direct, self-assured eye contact engenders a profound and deep-seated message of respect, affection, and attention. It makes you seem trustworthy, caring, and as if you can't wait to hear the next word out of that person's mouth.

Try it out and see for yourself how people's attitudes to you change!

More First Impression Tips and Tidbits

If you know you're going to be meeting new people – perhaps you're preparing for a party or are on your way to your first day at a new job – a useful tip is to take a few seconds to prepare yourself mentally for what will happen when you make your fabulous entrance.

Making a good entrance – and thus, a good first impression – into a room full of people you don't know is going to engender a certain amount of staring. People *will* glance your way. And if they like what they see, their glance will linger a little bit.

Being prepared for this will ensure that all your good efforts with direct eye contact, a ready smile, lifted chin, straight shoulders and erect spine won't go to waste.

Much of the time, when we're the object of widespread attention, our natural reaction is to wonder, "What are all these people staring at? What's wrong with me?"

Our shoulders rise, our chins drop, our eyes dart nervously from side to side, we blink quickly and repeatedly, and our confidence visibly plummets...

...Which means you've just cancelled out the greatness of the first impression you just made!

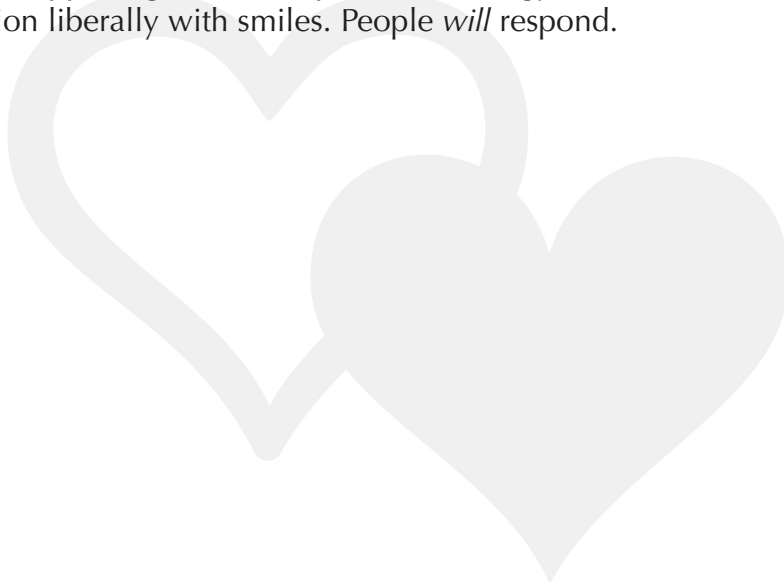
Remember: it doesn't mean you're doing anything *wrong* if people are looking at you.

Neither does it mean you're doing anything wrong if people *aren't* staring at you. People always notice a new arrival, even if they're not ostentatiously checking you out.

So take a moment to brace yourself for the attention. Just before entering a room or scene, do a quick check of your appearance. Scoop your belly, lower and straighten your shoulders, breathe evenly, allow your facial muscles to relax, and prepare to smile.

Here are some more tips.

- **Shake hands with new acquaintances.** It's classy and isn't too forward.
- **Repeat the person's name three times during your initial acquaintance:** once when you're introduced, once during the conversation, and once when you say goodbye. This will not only help you to remember their name, but will also help you to come across as caring and interested. Everyone likes to be addressed by name: it adds an extra frisson of warmth to your interactions.
- **When in doubt, smile!** It's the number-one way to boost your sex appeal: just laugh and smile more. It's truly contagious, and everyone wants to be around someone who's having a great time. But don't laugh nervously, and don't force yourself to laugh if nothing funny is happening. Instead, speak with energy and animation. Sprinkle your conversation liberally with smiles. People *will* respond.



Finally... A Proven Solution To All Your Conversation Fears and Phobias.

Suppose there was a system by which you could develop the skills to develop a great first impression and initiate and carry a conversation with almost anyone you meet, either socially, romantically, or professionally.

What if this easy-to-follow, easy-to-apply transformational course enabled you to:

- never run out of things to say when trying to attract the opposite sex
- never have communication breakdowns or misunderstandings between you and your partner
- avoid ever having another boring, predictable, or regrettable conversation with the opposite sex
- improve yourself both in your social group, in the workplace, and in the bedroom, by always knowing what to say and how to express yourself.

Hey, you're a smart person. So you've probably guessed that there would be a product mentioned at some stage in this report.

And you're absolutely right – We're not going to hide the fact that we're eventually going to invite you to buy our latest conversation course.

It's called Conversation Chemistry, because it's designed to help you create that chemistry and keep it going in your relationship through great conversation, not only in WHAT you say, but HOW you say it.

You see, I really do want to see you improve your chances at meeting and maintaining interest from the opposite sex. And let's face it, that's why you are here. Regardless of whether you are single and looking for a relationship, or in a relationship and looking for ways to improve it, you should be doing everything you can to improve your chances of success.

And knowing how to communicate effectively is part of that.

In fact, it's much more than just that. You use conversation in every interaction you have with people in a day, so it's essential that you know how to communicate with confidence, and create a positive and indelible first impression.

Remember, Conversation Chemistry is part of a suite of courses brought to you by Meet Your Sweet.com, sister company to 000Relationships.com.

Both companies have a wealth of experience in dating and relationship matters, and their stable of writers includes some of the biggest names in the industry, with Amy Waterman, Slade Shaw, and myself just to name a few. We have changed the lives of literally thousands of people who have empowered themselves to make positive changes in their lives with the help of our courses.

Conversation Chemistry is another of those.

Key parts in this 300+ page course include:

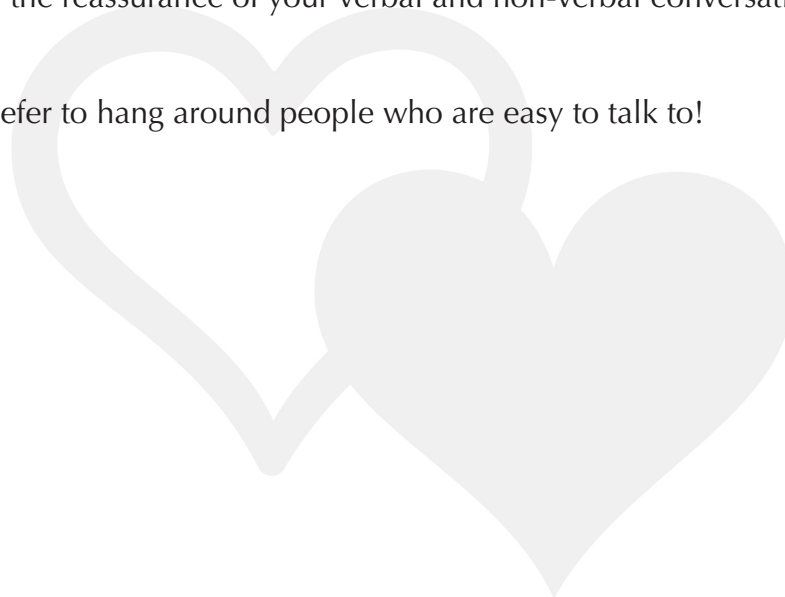
Part I: Principles of Great Communication with the Opposite Sex.

Part II: Secrets to Talking and Communicating with the Opposite Sex During Dating

Part III: Communication Inside a Relationship

I want to help you unlock the social, career, and romantic potential that you and I both know exists within you.

- It makes you more charismatic and entertaining in any social situation you are in
- People who meet you will suddenly see you are more interesting and engaging than the rest because of the reassurance of your verbal and non-verbal conversation skills
- And people ALWAYS prefer to hang around people who are easy to talk to!





Be one of those people who gets all the attention and almost effortless success in any relationship or social situation by visiting:

<http://www.meetyoursweet.com/conversationchemistry/>

Plus, once you get started, all this stuff is ridiculously easy to apply.

Your friend,

Mirabelle Summers
MeetYourSweet.com

P.S. Again, please give this some serious consideration. Do you want to be the one who is leading your destiny and success with the opposite sex, or are you going to be one of the ones watching from the sidelines?

<http://www.meetyoursweet.com/conversationchemistry/> and join the conversation!

