

KATE SPRING

# THE ATTRACTION HANDBOOK

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SIMPLE STEPS TO MAKE ANY  
WOMAN **OBSESS** OVER YOU

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SIMPLE STEPS TO MAKE ANY

## About The Author

**Kate Spring**, BA, is a men's attraction and dating coach from Vancouver, Canada. She is a recognized expert in helping men become irresistible to women, offering guidance and coaching to transform even the most awkward men into certified "ladies men."

Kate's best-selling online program, [The Obsession Method](#), is highly-acclaimed guide to using sneaky body language tactics to become the type of man that EVERY woman craves.



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# Introduction

Hey everyone! Thanks for signing up for this free e-book! I promise, you won't be disappointed.

In this book, you can expect to learn how to build attraction with any girl you want. But most importantly, you will learn how to conquer some of the most complex areas of dating.

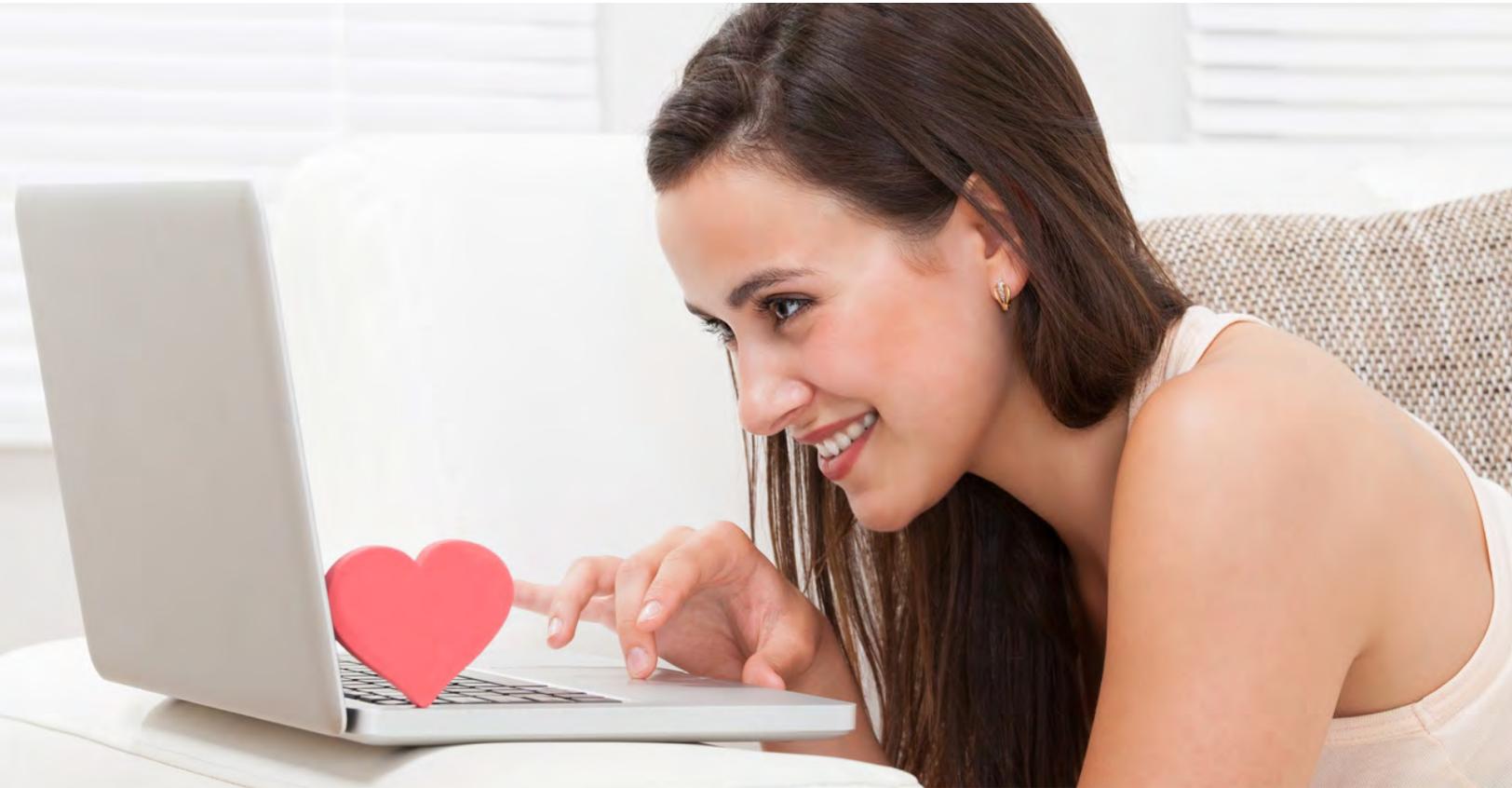
First, you will learn all about the art of savvy **texting**. With six attraction building text messages, you will have the upper hand over a lot of men who find this altogether terrifying.

Usually we think attraction is built through the body, but because of how technology and our lives have intertwined, it is beginning to develop digitally, too. So, now you will have the tools to succeed and build some textual attraction.

In the second part of this book, you can expect to learn all about **body language**. This is also one of the most overlooked areas of dating and it can really make or break the attraction and desire you are trying to build in your partner.

So, keep reading and enjoy learning how to become an *Attraction God*..

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# PART ONE

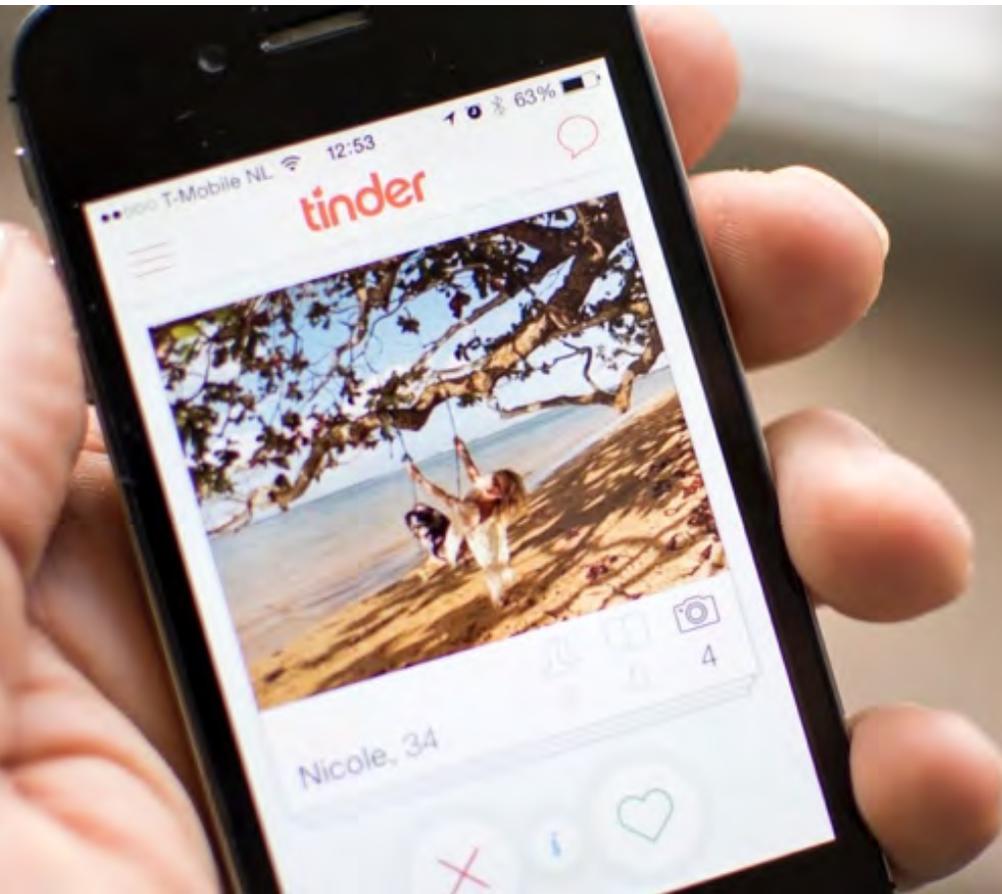
## **6 Attraction Building Text Messages**

Are you trying to build some attraction with a certain miss over text? Do you feel like a fish out of water, trying to climb a tree? Well look no further than this mini e-book! I have some helpful tips on how to lock, hook, and sink her with your textual prowess.

If you are a man in the modern dating world and you don't like texting, good luck. May the odds be ever in your favour, because this is the modern dating era, in which texting can make or break your dating value.

Having a good text game is like being the only guy at a Thursday lady's night. Being a savvy texter can really separate you from the pack of generic bros who only text "*sup?*" at 2am, and take forever to respond.

Having the ability to relay some semblance of your sense of humour over text is like having the biggest bulge at the public pool. It's gold. It is your sexual currency in a tech-fuelled world world.



First of all, we need to understand the female mind a bit better. Men and women communicate in fundamentally different ways. Men communicate to achieve an end goal, whereas women communicate to create or maintain relationships. This is good to know moving forward so that you can find a common ground and communicate in a way that is attractive to your woman of interest.

So, what is your main goal when texting the girl that you like? Hopefully, it's not to remain pen pals. Your goal is to actually hang out with her in person, and hopefully learn to build a relationship. Now that we have established our goal, it's time to layout the steps to get there.

To begin, we should figure out what attraction actually means. Attraction is the energy of sexual interest, the act of taking pleasure from another person, the desire of one person for another. The goal is to create an interest using the written word (and emojis!).

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## *Text Message #1*

The purpose of the first follow-up text to a meeting is simply to re-establish your connection and establish that you both know each other's names. You don't need to blow her out of the park in this text message; it doesn't have to be Shakespearean in nature, but it should be something other than, "Hey, it's John from the bar." That is straight-up lackluster.

In order to build interest, you need to be interesting. In a first text, you should use her name in the greeting. People love the sound of their own name and, here, typing it is just as useful. Include a reference to something about the time you first met.

Say, for example, you met at a party and there was dancing. A good first text would look something like this:

*"Hey there, [HER NAME]. If you're interested in learning how to line dance/robot [whatever funny dance you have to offer], let me know! I enjoyed your company last night. [YOUR NAME]."*

It's important to use her name and to repeat your name; people's memories suck these days, and relying on them to remember your name is a long shot. By doing so, we avoid any mistakes and it makes life and communications easier. Remember how you felt when you

met someone for the second or third time and they couldn't remember their name? It sucks.



## *Text Message #2*

Now that you both have each other's name and number, we can move on to the good stuff. In the early stages, it's important to separate yourself from the pack.

Just like in business, you want to have a competitive advantage, and that can be your personality, sense of humour, compassion, looks... whatever it is, make it known. One way to do this is to avoid the *"Hey! How's it goin?"* text. This is forgettable, and of all things, you don't want to be that.

This second text template will help you if you are trying to set up a hangout. It's best to do so in an assertive way by showing certainty rather than asking. For example:

*"I'm going to this bonfire with some friends tonight, you should come!"*

This leaves it open ended. But shows certainty that you want her there as opposed to asking the question if she would like to come. Then later on, you can have a solo date. Even if she says no here, at least she knows you are interested.

So a better than the “what’s up” text could, for example, look something like this:

*“In case you were wondering how my week was going, so far I have saved a baby from a tiger, fed the hungry, and had a haircut. I hope your week has been as action-packed as mine.”*

...Or something along those lines. Like I’ve said before, it’s important to leave the small talk for your in-person meeting.

## *Text Message #3*

Know when to end the conversation. Knowing when to end the conversation at an appropriate time is key. Instead of leaving things open-ended, mark the end of the conversation by saying something along the lines of:

*"Hey! I've actually got to go, but I'll chat with you later."*

This does several things: it translates as *"I'm a busy person not just waiting around to text you,"* and it also leaves her wanting more.

If you know when to end the conversation, you can build your attraction quota and make her want more of you. And, ultimately, you can avoid having that awkward silence where no one has anything to say, but you feel like you should say something anyway.

Over-texting is never a good thing, so avoid it by ending the conversation on a high note. Leave her with a text like this:

*"I've actually got to run, but I can't wait to see you. ;)"*

## *Text Message #4*

As a woman, nothing is more attractive than someone who knows what they want. And a man that is decisive is appealing because it shows a certain kind of confidence.

When you first interact with a girl that you are trying to meet up with, try to avoid dragging out the planning stage. Have a general idea of where you would like the date to take place, at what time, and then give her some options for the day of the week, so she can schedule around it.

When you are indecisive, it turns the pressure on her. And what you want to do is remove that pressure and make it an easy thing for her to want to say yes to go on a date with you.

One way to do this is to show, not tell, her that you want to hang out. For example, say this is a last minute thing and you want to invite her to a group hangout. You could say:

*"Hey! I know this is last minute, but I'm headed to a party in Chinatown with some friends. You should come!"*

This text is exciting and shows that you want her there. It also shows certainty that you want her to meet your friends, even if you're just intending it to be a casual hangout.

I recommend you show certainty like this when you are getting to know someone over text but a one-on-one date seems too intimate to undertake.



## *Text Message #5*

The fifth text message that you want to send her is the fun and/or flirty text. This is pretty open ended. You could send her a cute video or meme. Make sure it isn't too random because you don't want to scare her off with your strange Reddit finds!

Your goal here is to maintain communication with your lady and charm her with your sense of humour. Here is an example of a cute picture to send to your lady. You could caption it:

*“How bad do you want to cuddle this guy instead of working or going to school?”*

This text is almost like a check in. You might not want to engage in a full on texting conversation, but you want to let her know you're thinking about her by sending her something cute or funny.

This is 21<sup>st</sup> century flirting. This kind of text also lets you show off some of the softer side of your personality. And who can resist a video of a puppy snoring?!

## *Text Message #6*

Now that we know how to establish the conversation, maintain it, and converse in a casual way, it's time to set up your physical meeting, if you haven't already done so. I just want to remind you to limit the small talk via text and get to know her in person. You want to have things to talk about when you are finally out together.

Step one is to figure out where you want to go and at what time of day you want to do it. For example, you could invite her over to your house to cook dinner for her. Some women might find this too forward, but you can gauge it depending on how your interactions go.

You could also invite her for drinks or to go beer or wine tasting together. Activities where you are focused on something but can still talk are awesome date ideas. They remove some of the pressure because you usually have to focus on something else other than each other.

Once you've established a couple ideas of what to do for your date, now you need to communicate this to her in a way where she won't want to say no.

For example, you could text her:

*“Hey [HER NAME], Friday night, you + me + wine tasting = I'll still like you, even with merlot mouth.”*

The most important thing is to make it fun and make it an activity.

Having something planned out to do is key because you want to remove the pressure on her. You want to **avoid** a text message like this: *“Hey [HER NAME], do you want to get together sometime this week?”*

This shows uncertainty, and the follow up will be like, *“Sure, what should we do?”* ...after which you have to embark on a back and forth of figuring out times and places. The first way shows that you have thought about it and she just has to say yes. Even if that day doesn't work for her, that part's easy to change.

When you are certain, just changing the date is no big deal and you can leave her wanting more and ultimately excited to see what you have in store for her.



I'm not saying that in the future you have to be in charge of everything, but if you are pursuing her, then it's up to you to be in charge of the organizing at first.

Plus, this is an attractive quality to have as a man. We are trying to build attraction here, so finding activities that she is interested in and presenting them in such a way where she won't want to say no is all it is about.



Need even more copy-and-paste text message examples to make her obsess over you?

[Watch my full tutorial video right here.](#)

## *One More Thing...*

There is one more part to this step of attraction building. If you want to really engage with your crush, our fancy phones have the power to speak in real time. That's right, I'm talking about **a phone call**.

I know what you must be thinking, "this chick is nuts!" At first it might seem extreme, but your goal is to build attraction, and once you have mastered texting, it's time to advance to the call.

People are either too afraid or too lazy to talk on the phone. Either way, phoning your crush shows confidence. It shows that you don't want to waste time with the back and forth of text messaging and that you know what you want. And that is to hang out with her. Remember before texting became the fashion? As strange as it may sound, people did begin successful relationships by actually talking to each other on their telephones!

However, there is a fine line to tow when making this first phone call. If you are unsure of yourself, or you haven't built up confidence in the potential of this relationship through your texting, then the phone call may be too early. But, if you've reached a point where you feel like it would be well received by her, then go for it!

While the chances are she's been courted via text message plenty of times before, I bet you that rarely does she ever get a phone call from a guy who's interested in her. Building attraction is easiest when face to face, but building up to that can be done over the phone.

## *The Golden Rule*

In all of your exchanges, one thing is absolutely crucial to remember: as much as you want to impress the girl you like, it is extremely important to **be yourself**. Being fake or forcing conversation, especially over text, comes across that way.

It's also helpful to remember that when people read text messages, they read them in the mood they are in. So don't ever overthink them. That's where we create most of the problems. Be you and have fun with it, because texting and flirting are all part of building attraction. And I guarantee these tips will work and help you get closer to that girl you think about before you go to bed at night.

You know those people that you meet that are instantly attractive to you and everyone that they meet? This is the type of person you want to be to her.

You can do this by creating a want in her that she won't be able to resist. The best ways to do this are to be confident and adventurous. Even if these adjectives aren't the first ones to describe you, try it. You need to come across as confident, but not cocky.

Please, please, please keep in mind that **bragging about yourself is not the same thing as having confidence!**

Confidence, in this case, is a sense of self-awareness. That is, that you are assured of yourself and don't need the validation from others. This is very attractive to women.



## Overview

So let's review what we've learned so far. You want to become attractive to women through text messaging. To do this, your texts should have an air of confidence and a sense of adventure.

If getting out of your comfort zone isn't something you can manage, I suggest you try and get used to it! Be an equal in the conversation. Women are highly attracted to confident men because we subconsciously desire someone who knows what they are doing. We like someone who can make a decision and own it, even if it turns out poorly.

For example, say you've planned a date—one worthy of being on an episode of *The Bachelorette*, and it completely blows. Being able to laugh at yourself and say "Better luck next time," shows you are resilient and can laugh at yourself. Approach every conversation with her as an equal participant, not someone who sees himself as unworthy of her time.



**THE OBSESSION METHOD**

**THIS PSYCHOLOGICAL LOOPHOLE  
MAKES ANY GIRL DESIRE YOU**

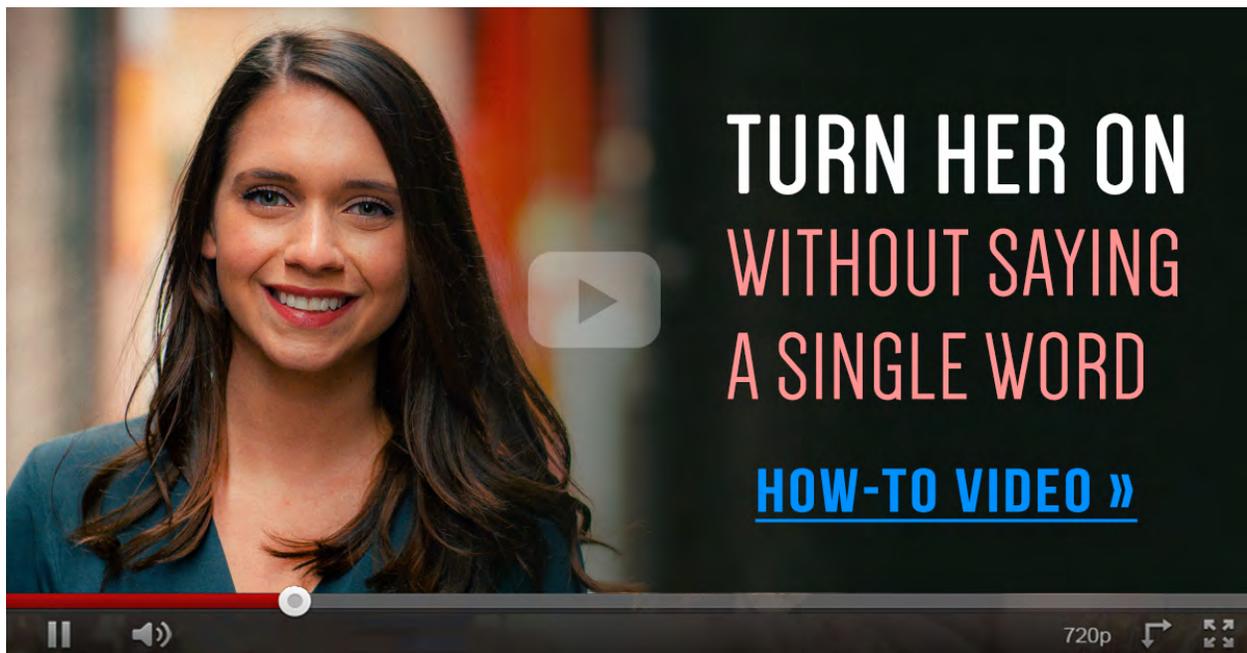
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I'll let you in on a little secret: women ultimately want to be treated with love, respect and kindness; however, in the beginning of a relationship, we like the chase. We like not knowing how things are going to pan out. A little mystery is a good thing.

Think of relationships like an onion: we want to peel back the layers until we get to your core. That is also why women are attracted to the “bad boy”, because they pose more of a challenge and come across as more dominant. But we ultimately want to get to a place where you let us into your soft center, a place that is kind and loving.

In closing this half of the e-book, I hope that you find these six attraction building text messages helpful! If you remember the secrets to successful courting, I guarantee you that you will see results. And remember these things: be the confident version of yourself, be kind, and be patient and most importantly, be you.



# PART TWO

## Body Language & Flirting

Alright, now that we've developed a strong texting game, the next step to building attraction is to do it face to face.

Once you are in her company, your job is to be the most attractive version of yourself, and I'm not talking solely about how you look; rather, it's also about how you carry yourself, how you present yourself, and what you are saying about yourself.

It is at this point, then, that we need to understand how crucial body language is in communicating and building attraction with your crush. That is why I call body language **the silent killer**.

This name has two meanings: one being that if you suck at it, it will be the thing that kills *your* chances of getting the girl you want; the second and alternative scenario is that, if you rock it, it is your golden ticket to girl-world and making your crush insanely attracted to you. Body language is what makes people want to be around you. The silent killer: our non-verbal communication. So let's get started.



## *The Silent Killer*

In this next section, I am going to teach you some of the most effective ways to use your body to get the girl that you want to feel undeniably attracted to you and really crave your attention. We'll start with ways that you can positively respond to your environment and move on to the most powerful tool of body language, touch.

And I'll let you in on my secret language, called the **Physio Prox Language**, that you can use on women to make them crazy with desire. You'll also learn what I call the **Hand Method**, which is a technique you can use on a woman at a very specific time that will make a girl want to kiss you!

## *Positive Body Language*

To begin, it's important to understand how effective body language can be. As non-verbal communication, it speaks volumes, which is why it is imperative that your body language and what you are saying match.

Your words and actions should be congruent. They should be working together, not against each other. To be completely clear, when you wave at someone and say hello, your actions and your words are in sync.

Usually, we are unconscious of our physical reaction to our environment. But in order to be successful in dating, we need to become conscious of what our bodies are saying.

A LOT of people don't fully understand how important body language is not only in dating, but also in your day to day life. It's usually the first thing we notice about a person. And in dating, it can make or break you. So instead of letting it break us any more, let's help it make us the best version of ourselves, the one that women want to date!

Your body language gives you away in any face to face encounter. Because women are usually pretty detail oriented, we can tell if you're nervous, happy, upset, angry, etc., all by looking at your hands, eyes, mouth, and legs, and how each of your body parts react and respond to the environment.

It's sneaky, I know. But did you also know that **women are likely to mirror your body language**, especially if they're attracted to you? Well, we do, so you would be well served to remember this the next time you approach a woman and have a conversation with her. Remember **positive** body language is our goal.



## *The Head Tilt*

Many subtle gestures that let her know you are open and excited to get to know her are all in how you hold your head. This is one of the easiest ways to set the tone of your conversation.

Do me a favour. Stand in front of a mirror and tilt your chin upwards. What do you see? Do you see a confident person? Do you think this gesture makes you look approachable?

I'm going to guess that you think you look pretty confident. However, the vibe that you are giving off is one of arrogance, and you are telling a girl that you're not super interested in her, or even think you're better than her. And or that she smells.

Now look at your reflection straight on, and slightly tilt your head to the left or right, whichever side you want. What does this gesture say about you? Well, to a woman, this gesture shows interest, and that you're listening. It shows us an approachable man to whom we want to talk.

Tilting your head to the side also shows us that you're relaxed by removing the tension of holding your head straight. This is one of the most overlooked gestures men can make when talking to a woman they like. I understand the use of the chin tilt. You probably do it unconsciously because it makes you feel more confident and alpha male-like.

However, forced confidence can come off as “douche-y”. If you aren’t naturally confident, then I understand how difficult it can be to force it out of yourself, but you need to remember that the girl you’re talking to is also probably nervous and/or can see right through your attempt at “confidence”. So **try to cultivate some natural confidence**, while being attentive to her by tilting your head to the side.

## *Tone*

My next piece of advice for men looking to build some strong attraction with a woman is to **be careful of your tone**, because it can drastically affect the meaning of what you say, depending on the tone in which that you use to say it.

Now, some of you might not be super clear on what tone is. Well, simply put it's the way you sound at any given moment. It changes all the time, but in a nutshell tone is the way you speak to someone and what it says about your mood or attitude. For instance, when you shout at someone, your tone might be angry or afraid (or encouraging if you're at a ball game!)

Your tone is essentially how you say your words. If you are a boss holding a staff meeting, the tone of your voice is going to be more serious than if you are teaching a kindergarten class, where it will be softer and more inviting.

Tone works the same way in dating. If you have a friendly and inviting tone, you will be a more attractive person with whom to talk. Your tone of voice affects how people respond to you. And your goal here should be to have an irresistible tone that attracts women to you, and not a tone that turns them away from you. Remember that tone reveals your attitude towards people and what they are saying, so make it inviting!

The speed with which you talk is also important to consider when you're trying to build attraction. One way to give your nerves away in a conversation is by speaking too quickly.

Fast talking is like fast walking, and if you're not a brisk walking, fast talking New Yorker, then, to a girl, you just seem nervous. Talking slower also allows you to be more in control of what you say, so slow down and think before you speak.



The banner is divided into three sections. On the left, there is a red heart icon followed by the text 'THE OBSESSION METHOD'. In the center, there is a photograph of a smiling woman with long dark hair, overlaid with a red circular play button icon and the text 'WATCH VIDEO' below it. On the right, the text 'TURN HER ON' is written in large red letters, followed by 'WITHOUT SAYING A WORD...' in black letters.

## *Physio Prox Language*

Alright, now onto the juicy stuff! I know that you're probably wondering: "What the hell is this Physio Prox Language!?"

Well, prepare for this language to change your dating game significantly! This is the **language of seduction**. And once you master it, you are well on your way to building attraction with any girl you want.

This is a secret language of touch that you can use on any woman to make them desire you. It's a combination of body language and neuroscience that manifests in ways to touch a woman that send signals to her brain that will make her insanely attracted to you.



Women want to be touched. Being touched is invigorating and arousing! It is especially exciting when you are in the beginning stages of dating. It is a skill to learn that will leave her wanting more, and it is the key to making her want you. You are basically giving her the go ahead that she won't be rejected—without saying a word.

Alright; the first thing you need to understand about this language of touch is that you should not be afraid to touch the girl you like.

If you've gotten to a place where touch is expected, it's time to introduce some gentle touches. For example, say you and your girl are out for drinks and you're both perusing the drink menu. You can lightly touch her arm and ask her what she's thinking of drinking. This is a gateway to further, more intimate touch. She will be jolted into the moment, and this will be a very exciting feeling for her. In fact, it will most likely cause her to want to touch you.

Another great way to touch a girl is to gently rub her back for a second—not too long, you're not giving her a public massage, but you're just giving her a feeling of comfort and affection. Most girls love these kinds of touches, especially when you're on a date. In fact, they expect it!

Another way to touch your crush is say, for example, you and your crush are walking outside, and she is noticeably cold. Give her your coat! This is wooing 101! And it works.

For additional points, face her and take your hands and rub them up and down her arms to warm her. Honestly, I know this sounds cheesy, but it's actually so hot. And I know you probably think I'm getting my advice from Nicholas Spark's movies, but he isn't totally wrong. The more you get into relationships, the more you come to understand that some of the cheesy stuff is okay, and it works. Many gestures of kindness are truly cute and endearing, so don't be afraid to out yourself out there.

On a personal level, I know about this touching technique because I've been on touchless dates and touchy dates, and I know which were more successful!

I was seeing this guy who would *never* engage in any affectionate touching, not even when we were alone! This was something that was seriously lacking for me, but how do you bring this up with someone? It also made me that much more nervous to touch him because he would never touch me!

In contrast, when we were first dating, my fiancée had no problem putting his hand at the small of my back to lead me through the door he was holding open for me. And he would never hesitate to touch me in the slightest of ways, whether it was just to rub my arm, or take my hand and hold it.



This made me instantly attracted to him; it showed that he wasn't afraid of physical intimacy. If you're still wondering what the moral of this story is, it's simple: don't be afraid to touch her!

And if you really want to send some shivers down her spine, the old 'putting her hair behind her ear' trick is a total turn on—a pantry dropper: the whole shebang. This is a move not a lot of men feel comfortable doing, but it's the perfect amount of playful and sweet.

## *The Hand Method*

The final point in our attraction building handbook is the Hand Method. This is a fool proof method that, when used at the right time, will make your crush want to kiss you immediately.

This super effective method requires you to take her hand to hold it with your fingers intertwined. Then you take your thumb and stroke the back of her hand with it. And, finally, you give her hand a subtle squeeze. But don't get comfortable here. You still need to nail the timing. The Hand Method is all about **timing**.

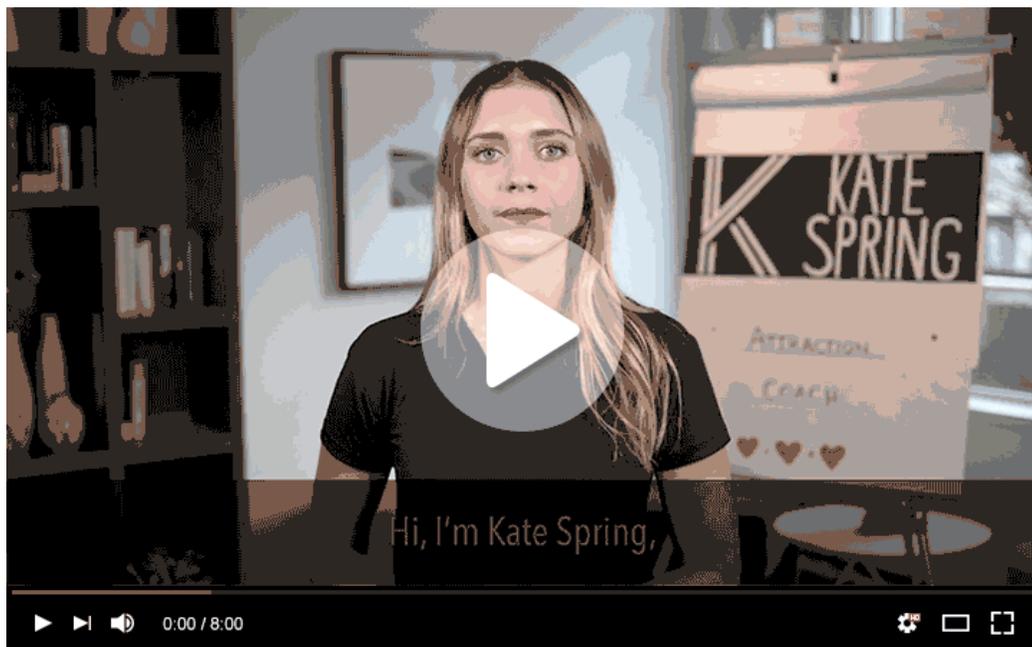
Execute it too early, you jump the gun and make her feel uncomfortable. Too late, and you run the risk of making her feel like you're not interested, and it's hard to come back from this, and it will become awkward.

So, what is the perfect time for the Hand Method? I'm glad you asked that because it is not in the beginning on the date, and not at the end. The end is when you want a kiss to happen. So the Hand Method is best used in the middle of the date. You want to set the stage for her to feel comfortable kissing you, but you also want her to want it!

By building attraction through these methods, you **will** become the irresistible date.

## *What's Next?*

What I've shared with you in this brief e-book is just the tip of the iceberg. If you want to transform your interactions with women – and become the type of guy that EVERY girl will obsess over – you need to start by **[watching my full video tutorial](#)** right now.



**[Watch my free how-to video >>](#)**

(My tutorial videos have always been controversial, so I urge you to watch the full video before it's taken down for good! Just click **[here](#)**.)



***“I never thought dating could be like this”***

*“I used to be the last guy on any girl’s list. Two weeks of your advice and now they can’t stay away! I had to turn down two women who I used to think were out of my league. Thanks so much Kate. I never thought dating could be like this.” -Gareth P., North Africa*

All the best and thanks for reading.

Yours truly,

*Kate Spring*