

Excerpted from the book, ***How to Be Cherished*** (Life Works Books, February 2004)

By Marilyn Graman and Maureen Walsh

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Please contact Eileen Duhne 415.459.2573 or [Eileen@LifeWorksGroup.com](mailto:Eileen@LifeWorksGroup.com)  
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### **You're Irresistible When ...**

What makes a woman irresistible to men? According to Marilyn Graman, a New York based relationship authority who has counseled thousands of men and women on their most intimate relationships, the secret to being irresistible isn't something you wear or can purchase at Macy's, rather, it's a way of being that men simply can't resist. At Life Works they say the key to being irresistible is being "pleasable."

You are irresistible when you are knowing and accepting yourself, nurturing yourself, being tender with yourself, taking time to do the things that are important to you, having a life, and treating yourself with loving care. When you are doing these things, you are powerful. That doesn't mean you're lording it over your man or trying to force things to be different. It means you're experiencing the fullness of your self and expressing it naturally. And when you're doing that, you are living life fully and joyfully.

#### **You are irresistible to your man when . . .**

- ✦ You are being yourself and enjoying it.
- ✦ You are happy.
- ✦ You are really listening to him.
- ✦ You are understanding him.
- ✦ You are accepting him.
- ✦ You are allowing him to please you.
- ✦ You are having fun.
- ✦ You praise him for his efforts.
- ✦ You feel attractive.
- ✦ You let him know how attractive you find him.
- ✦ You let him feel like a hero.
- ✦ You let him know how much you love him.
- ✦ You have your heart open to him.

Believe it or not, we know the following is true: your happiness is the biggest factor for the success of your relationship. We may expect that we need to fix something about ourselves — usually on the outside — but men everywhere know that the key to a happy life is a happy woman. And they often don't know what to do to make you happy. In fact, the only person who can guarantee your happiness is you. That's why the most important relationship you have is with yourself. When you are loving yourself, you are open and available to be loved by others—and that makes you irresistible.

Being self-loving is not the same as being self-serving, self-centered, or selfish. Self-love is generous because when you are in love with yourself, you share your happiness and satisfaction with everyone in your life. If you are being a martyr, a victim, a nag, or a critic,

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you are not only being hard on yourself, but on everyone around you. And your relationship suffers. Remember that when you are happier, he's happier. He wants you to be happy, strong, centered, have your own life, and take care of yourself.

It's generous of you to spend time and energy on your relationship with yourself because when you're feeling nourished, nurtured, and loved; you will spread your happiness to your man. It's a circular process. When you are patient, loving, accepting, and compassionate with yourself, you will be that way with your man, too. He will respond in kind and you will experience more love from him. Then, you will want to open your heart to him even more. It's a win-win situation for both of you, and for all those around you.

What we may not have understood is that in general, men want their women to nurture themselves and love themselves. They want us to be happy, and they don't want to carry the responsibility for our happiness. It's a burden to be the center of someone else's life.

Since how good or bad your relationship is depends so much on your happiness, it follows that if you want your relationship to be better, the place to work on it is in yourself. If things are going to change in your relationship, it is because you change. You can't do much about how he is, no matter how badly you want to. Your place of power is in yourself. You are the one who can make the shifts needed for your relationship to flourish.



National Public Relations: **Eileen Duhné**  
6A Meadow Way, Fairfax, CA 94930 ♦  
Phone/Fax: 415.459.2573 [Eileen@LifeWorks.com](mailto:Eileen@LifeWorks.com)