

# Contents at a Glance

<i>Introduction</i> .....	1
<i>Part I: Getting to Grips with Flirting</i> .....	7
Chapter 1: The Making of a Successful Flirt.....	9
Chapter 2: Identifying Your Flirting Style and Making It More Effective .....	21
Chapter 3: Grasping the Gender Gap and Other Strategies for Flirting Success.....	35
Chapter 4: Flirting with Friends, Dates, and Colleagues .....	45
<i>Part II: Getting Noticed! Making Contact</i> .....	57
Chapter 5: Boosting Self-Confidence and Giving Yourself a Flirting Makeover .....	59
Chapter 6: Spotting Who's Available .....	77
Chapter 7: Making an Entrance.....	91
Chapter 8: Making Conversation with Absolutely Anybody .....	101
Chapter 9: Being Interesting and Interested .....	113
<i>Part III: Developing Killer Rapport with Body Language</i> .....	129
Chapter 10: Giving Off the Right Signals.....	131
Chapter 11: Letting Your Body Do the Talking.....	149
Chapter 12: Reading Secret Flirting Signals .....	177
<i>Part IV: Taking the Next Step</i> .....	185
Chapter 13: Making the Next Move .....	187
Chapter 14: Considering Dating Rules and Relationship Advice.....	199
Chapter 15: Reducing the Risk of Rejection .....	209
<i>Part V: The Part of Tens</i> .....	221
Chapter 16: Ten (Or So) Opening Lines for Almost Any Occasion .....	223
Chapter 17: Ten Flirting Gaffes.....	231
Chapter 18: (Almost) Ten Places where Unwanted Admirers may Strike .....	237
Chapter 19: Ten Tips for Safe Flirting.....	243
<i>Index</i> .....	247



# Table of Contents

<b><i>Introduction</i></b> .....	<b>1</b>
About This Book .....	2
Conventions Used in This Book .....	2
What You're Not to Read .....	2
Foolish Assumptions .....	3
How This Book Is Organised .....	3
Part I: Getting to Grips with Flirting .....	3
Part II: Getting Noticed! Making Contact.....	3
Part III: Developing Killer Rapport with Body Language .....	4
Part IV: Taking the Next Step .....	4
Part V: The Part of Tens.....	4
Icons Used in This Book.....	4
Where to Go From Here .....	5
<b><i>Part 1: Getting to Grips with Flirting</i></b> .....	<b>7</b>
<b>Chapter 1: The Making of a Successful Flirt</b> .....	<b>9</b>
Flirting Fundamentals.....	9
Tuning animal instincts.....	10
Flirting: A game of two halves .....	11
Common flirting pitfalls .....	12
Getting in Tune with Body Language .....	12
Becoming a people watcher .....	13
Spotting key signals in other people.....	13
Looking at revealing behaviour .....	14
Getting Yourself in the Flirting Mindset.....	15
Setting your thinking.....	16
Banishing flirting baggage .....	17
Spotting daily opportunities .....	18
<b>Chapter 2: Identifying Your Flirting Style and Making It More Effective.</b> .....	<b>21</b>
Understanding Your Flirting Style .....	21
The minesweeper .....	21
The life and soul of the party .....	22
The quietly confident person.....	22
The wallflower.....	22
Novice or a Pro? Gauging Your Flirting Acumen .....	22
Evaluating your confidence level.....	22
Evaluating your adaptability .....	23



Finding and Fixing the Flaws in Your Approach .....	24
Analysing what's holding you back.....	24
Looking at your motivation .....	26
Applying the 80:20 rule to improve your approach...	26
Influencing your subconscious .....	27
Changing Your Flirting Style.....	28
Emulating someone you admire .....	28
Making up for missed opportunities .....	30
Taking more risks .....	31
Setting yourself flirting challenges .....	31
Reading the flirting thermometer .....	32
<b>Chapter 3: Grasping the Gender Gap and Other Strategies for Flirting Success .....</b>	<b>35</b>
Looking at the Different Perceptions of Flirting.....	36
Where flirting starts and ends .....	36
What men and women find attractive.....	37
Considering Strategies for the Successful Flirt .....	40
Looking beyond Mr or Miss Perfect .....	40
Adopting the right flirting attitude .....	41
Recognising who's available or interested.....	42
Overcoming fear of rejection .....	42
Making flirting easy to spot .....	43
Using flattery .....	43
<b>Chapter 4: Flirting with Friends, Dates, and Colleagues .....</b>	<b>45</b>
Flirting with Friends.....	45
Friendly flirting.....	46
Flirting with intent: The signs .....	46
Moving from 'just friends'.....	47
Flirting with Dates.....	50
Making your intentions clear .....	50
Interpreting reactions and intentions .....	51
Flirting with Colleagues.....	52
Flirting with unemployment: Sexual harassment .....	52
Flirting boundaries at work .....	53
Taking flirting outside work .....	55
<b><i>Part II: Getting Noticed! Making Contact.....</i></b>	<b><i>57</i></b>
<b>Chapter 5: Boosting Self-Confidence and Giving Yourself a Flirting Makeover .....</b>	<b>59</b>
The DIY Flirting Makeover: Getting Started.....	59
Creating the image you want to project .....	60
Choosing the areas to focus on .....	60

Looking Ten Years Younger .....	62
Eyes .....	63
Smile .....	64
Skin .....	64
Hair .....	65
Scent .....	67
Clothes .....	68
Looking and Sounding Confident .....	70
Overcoming confidence killers .....	71
Using confident body language.....	72
Sounding confident.....	73
Making people listen .....	74
Making your voice sound attractive.....	74
<b>Chapter 6: Spotting Who's Available .....</b>	<b>77</b>
Knowing Where to Find Other Singletons.....	77
Looking for love in the office.....	77
Flirting in bars .....	78
Enjoying unexpected flirting situations .....	79
Flirting on the Internet .....	80
Telling Who's Available and Who's Interested .....	82
Assessing and tackling the stances people take.....	82
Spotting availability from afar.....	84
Knowing if they're interested.....	86
Letting an Ad or Agency Help You Connect .....	87
Scouring lonely hearts ads .....	87
Speed-dating for instant results.....	88
Looking at dating agencies .....	90
<b>Chapter 7: Making an Entrance .....</b>	<b>91</b>
Ta-da!.....	91
Turning heads with body language.....	92
Navigating stairs .....	94
Positioning Yourself for Maximum Effect .....	95
Choosing power spots .....	96
Knowing when to move.....	97
Making the First Move.....	98
Using your eyebrows.....	98
Knowing when to speak.....	99
Using icebreakers .....	99
<b>Chapter 8: Making Conversation with Absolutely Anybody .....</b>	<b>101</b>
Understanding Conversational Conventions .....	101
Using opening lines .....	102
Making humour work .....	103

Avoiding mentioning the ex!.....	104
Diverting the conversation from contentious topics .....	104
Building Rapport .....	105
Honing the art of open questions .....	105
Picking a topic that they want to chat on.....	106
Preventing conversations from running dry .....	106
Gauging Your Listener's Response .....	107
Linguistic clues .....	108
Body language clues.....	109

### **Chapter 9: Being Interesting and Interested . . . . . 113**

Showing that You're Interested .....	113
Do your research .....	113
Follow convention .....	115
Listen more, speak less.....	116
Tailor what you say .....	116
Becoming More Interesting .....	116
Recognising the patterns of a conversation.....	117
Following the conversation as it progresses .....	117
Being positive.....	117
Making People Feel Important.....	119
Mirroring their language.....	119
Letting them take the floor .....	120
Putting it into action.....	120
Using Compliments Well.....	125
Making the perfect compliment.....	125
Accepting compliments graciously .....	127

### ***Part III: Developing Killer Rapport with Body Language . . . . . 129***

#### **Chapter 10: Giving Off the Right Signals . . . . . 131**

Looking at the Importance of Body Language.....	131
Body language and first impressions .....	132
The impact of body language.....	132
Getting Your Proximity Right .....	133
Finding the right proximity .....	134
Closing the gap between you .....	135
Making the situation more intimate .....	136
Cracking the Facial Language Code.....	137
The seven expressions.....	137
The power of the gaze.....	138
The four-second glance.....	140
What's in a smile? .....	141

Letting Your Fingers Do the Talking.....	143
Taking over your space and theirs.....	143
Getting in touch with yourself .....	144
Intentional touching .....	144
Preening in Public .....	146
Provocative displays .....	146
Hairy stuff: The role of hair play.....	146
<b>Chapter 11: Letting Your Body Do the Talking . . . . .</b>	<b>149</b>
Filling Your Space Confidently .....	150
Mirroring Gestures .....	152
Positioning the body .....	153
Getting a limb in.....	154
Mirroring touch.....	155
Mirroring micro gestures.....	155
Reading Body Language.....	158
Rule of four .....	158
Signs revealing how they feel about you .....	159
Avoiding Body Language Mistakes .....	160
Lacking eye contact.....	160
Wrapping like a python.....	162
Leaning away.....	163
Letting it all hang out .....	163
Fiddling .....	164
Using Your Hands .....	165
Thumbs up.....	165
Handy info.....	166
Spotting a Liar .....	169
Recognising a bad-un through body language.....	170
Finding telltale clues in conversation .....	172
Disentangling from a liar.....	173
Letting Them Down Gently .....	174
Subtly showing you're not interested.....	174
Using barriers to slow them down .....	174
<b>Chapter 12: Reading Secret Flirting Signals . . . . .</b>	<b>177</b>
Reading and Reacting to Female Flirting Signals .....	177
Spotting facial clues .....	177
Understanding proximity clues .....	178
Recognising tactile clues .....	179
Using mirroring clues.....	180
Noticing dress and make-up clues.....	181
Reading Male Flirting Signals.....	182
Spotting preening clues .....	182
Seeing where his digits point .....	183
Checking his spatial dominance .....	183
Listening for the changes .....	184

***Part IV: Taking the Next Step* ..... 185**

**Chapter 13: Making the Next Move .....187**

Making the Next Move: The Logistics .....	187
Keen – or not? .....	187
Where to make the next move .....	188
When to make the next move.....	190
Leave them wanting more .....	191
Assessing What the Next Move Should Be .....	192
Asking for their number.....	192
Going for the kiss.....	193
Heading back to theirs .....	193
Preparing to Seduce .....	194
Melting with anticipation.....	194
Making a chemical connection.....	195
Being brazen.....	195
Becoming Intimate.....	196
Taking things at your pace.....	196
Taking precautions.....	197

**Chapter 14: Considering Dating Rules  
and Relationship Advice .....199**

Starting an Office Romance .....	199
Factors to consider first .....	200
Office romance etiquette .....	200
Moving from Friends to Lovers.....	201
Getting in the Dating Saddle.....	203
Who asks whom? .....	203
Making arrangements.....	203
Getting the date off to a good start .....	204
Knowing when to call after the date.....	205
Going from Dating to a Relationship .....	206
Knowing if you're in it for the long term.....	207
Managing minor irritations.....	208
Sharing a little love every day.....	208

**Chapter 15: Reducing the Risk of Rejection .....209**

Gaining Some Perspective on Rejection .....	209
Making the Right Initial Choices: A Flirting Checklist .....	210
Are they available? .....	211
Giving signs that I like them .....	211
Are they responding? .....	212
Taking Acceptable Risks .....	212
Who to flirt with.....	213
Striking up a conversation.....	213
Making a pass at someone.....	214

Getting Things Back on Track .....	215
Handling Rejection.....	216
When you're doing the rejecting .....	217
When you're being rejected .....	217
Managing rejection at work.....	218
<b><i>Part V: The Part of Tens</i> .....</b>	<b>221</b>
<b>Chapter 16: Ten (Or So) Opening Lines for Almost Any Occasion .....</b>	<b>223</b>
Opening Lines for Men .....	223
Opening Lines for Women .....	224
Opening Lines for an Office Romance .....	225
Opening Lines for Complete Strangers .....	225
Opening Lines for Networking.....	225
Opening Lines for Making Friends .....	226
Opening Lines for Internet Dating.....	226
Opening Lines for Speed-dating .....	227
Opening Lines for the Supermarket.....	228
Opening Lines for a Holiday Romance .....	229
<b>Chapter 17: Ten Flirting Gaffes .....</b>	<b>231</b>
Saying the Wrong Things to a Woman .....	231
Saying the Wrong Things to a Man .....	232
Delving into Taboo Topics on a First Date .....	232
Writing Things You'll Regret on the Internet .....	233
Picking a Bad Time to Ask for a Date .....	233
Botching Up Who Pays the Bill .....	233
Choosing the Wrong Venue .....	234
Overreacting to Accidents.....	234
Bumping into the Ex .....	235
Looking Over Their Shoulder .....	235
<b>Chapter 18: (Almost) Ten Places where Unwanted Admirers may Strike .....</b>	<b>237</b>
At Work .....	238
In a Bar .....	238
While Networking.....	239
In the Street .....	239
In Your Circle of Friends .....	240
On the Internet .....	240
At the Office Party.....	241
At the Gym .....	241
On the Phone.....	242

**Chapter 19: Ten Tips for Safe Flirting . . . . . 243**

Withhold Personal Information..... 243  
Arrange to Meet in a Public Place..... 244  
Take Your Flirting Slowly..... 244  
Drink with Caution..... 244  
Watch What You Say ..... 245  
Listen with Your Gut..... 245  
Keep Friends on Standby..... 245  
Find Your Own Way Home..... 246  
Have an Emergency Plan B ..... 246  
Learn Self-defence..... 246

***Index*..... 247**