

NEW BOOK REVEALES 4-STEP "C.A.R.E" METHOD  
FOR DECODING HIS MIND, UNDERSTANDING HIS  
NEEDS, AND REIGNITING PASSION

# SEDUCE LIKE A QUEEN

4-STEP C.A.R.E.  
PLAYBOOK



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# INTRODUCTION

*"Love isn't about looking at each other, but about looking in the same direction."*

-Antoine de Saint-Exupéry-

Welcome to "**Seduce Like a Queen: 4-Step C.A.R.E. Playbook.**"

Over the next 128 pages, I will show you a proven, step-by-step way to bring back the spark and deep connection with your partner.

This will work even if you feel like you've tried everything or that there is "no hope" for you two.

Plus, I'll reveal how to adapt this entire approach to yourself and your relationship, so you can start noticing positive changes in your relationship dynamics, much faster than you think.

Believe it or not, you are about to see love in a whole new way.

You will learn about the masculine and feminine attraction and power you have in your hands.

A world where a woman can **build the relationship** she wants on purpose.

I can't wait for you to dive into all of this :)

Now, just a heads up:

**This is NOT a typical self-help book filled with hundreds of pages of ideas.**

Who has time for that today?

Instead, I made it to be a **quick, clear, and highly tactical read.**

## Seduce Like a Queen

You can easily read it in one afternoon if you choose to. Your time is important, and good changes can't wait!

That's why you will see I use **bold words** for key ideas, leave white space between sentences (to help you breathe and soak it all in!), and give you lots of clear examples.

This is out of respect for your time, attention, and your wish to understand and use these concepts as fast as you can.

In the pages ahead, you will find a three different types of content boxes to make learning and using these ideas even easier:

### **KEY INSIGHT**

For important information I want you to pay special attention to.

### **CLIENT STORIES / EXAMPLES**

Here, I will share real-life (anonymous) stories from my clients and clear examples to make the theory come alive. This will help you see what it looks like in everyday life.

### **ACTION STEPS**

For homework assignments at the end of each chapter. These are your tools for real change!

Consider yourself in the loop and ready to go!

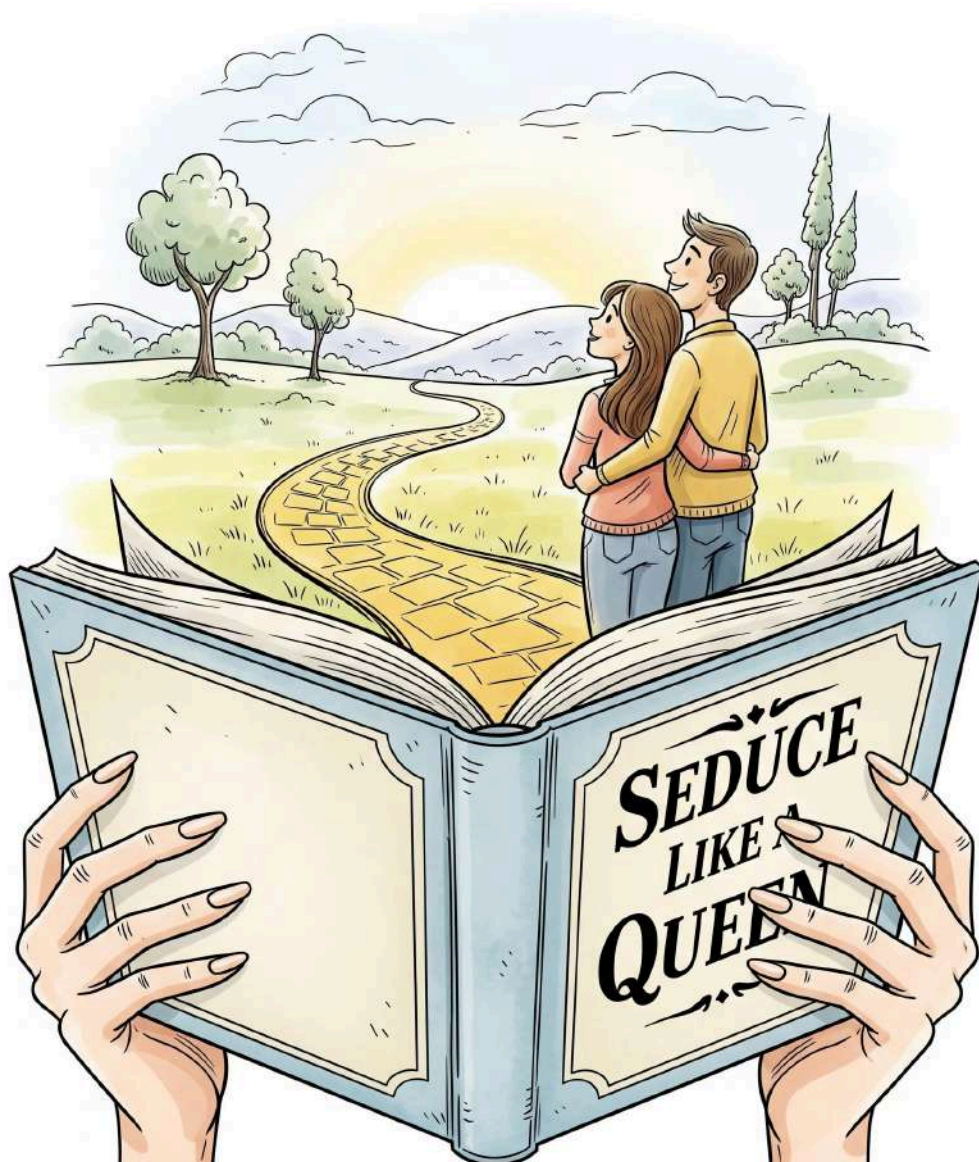
## Seduce Like a Queen

Now, before we explore exactly how this "Seduce Like a Queen" playbook works and how you can make it fit your own unique life...

I first need to lay the foundation.

It's like when you build a house - without a strong foundation, everything can easily fall down.

So, read on to find out...



## Why Every Woman Who Wants a Passionate Relationship Needs This Playbook in 2025 and Beyond

You may have noticed that many women today (and maybe you, too?) look for quick fixes for relationship problems. But these fixes often come from places that you can't trust for long-term success.

Let's call this the **"quick-fix trap."**

What do I mean by that?

Just think about how often we try to use something on the outside to "fix" things with our partner:

- A new dress or haircut (hoping that will bring back the spark).
- A fancy dinner at a restaurant (expecting one romantic night to erase months or years of distance).
- Advice from friends who, with the best intentions, often share their own stories or popular but shallow tips from the internet.
- Maybe even a little teasing or being passive-aggressive, hoping he'll "get the message."

The problem with this is it's like building a house on sand.

The good feeling doesn't last long. You might get a quick reaction, a compliment, or a moment of attention... but deep down, nothing really changes.

Why?

Because these outside "fixes" don't get to the real problem. They depend on his mood at the moment, what's going on around you, or what's popular. What worked yesterday (or for your friend) might not work at all tomorrow.

## Seduce Like a Queen

Just like on social media, what got attention yesterday can be invisible tomorrow. In the same way, using only outside tricks in your relationship can leave you feeling frustrated and will not work for long.

### **The hard truth is this:**

If you try to change your relationship by using only quick, outside "fixes" or advice that doesn't get to a real understanding of men, relationship dynamics and your own feelings...

...you are not building a **strong foundation** for a change that lasts. You are only buying moments that seem close but aren't real.

That's why this book is different.

We will not build on sand. We won't use tricks that fade faster than a bad hair dye job.

Instead, we will focus on building your **inner strength**. We will understand the things that truly spark a man's energy and attraction. We will learn to take **steady, small steps** that create a deep, real, and lasting connection.

It's like building your beautiful house on a "**concrete foundation**" - stable, safe, and worth it in the long run.

Now, before we look at how this "Seduce Like a Queen" playbook works and how you can make it work for your own special life...

We first have to build that foundation. Like building a house, if the base isn't strong, it will fall apart.

Before I show you the clear steps of this Playbook, it is important to see a key difference in how to bring passion back to a relationship. Sadly, most women get stuck in what I call...

## "The Old Way": A Cycle of Failed Tries

Does this cycle sound familiar?

1. **You See a Problem:** You feel your partner pulling away, the spark is fading, and you aren't communicating well. You start to worry.
2. **You Take Action (On the Surface):** You buy new lingerie, initiate sex even when you're not in the mood, plan a "perfect" date, or complain to friends looking for a quick tip. You might even start nagging or pouting, hoping he will "get it."
3. **A Quick "Win" (or More Frustration):** Maybe you get his attention for a short time. Maybe he seems to "wake up" for a day or two. Or, what happens more often, your attempts don't work or even make things worse because he feels pushed or knows you're unhappy.
4. **Back to How It Was (or Worse):** Soon, everything goes back to the way it was. The spark is gone. You feel even more tired, frustrated, and maybe you even start to believe there is "no hope" for you two.
5. **The Cycle Repeats:** After some time, you find the energy to try again with a new "quick fix," hoping for a different result.

This "Old Way" is like a treadmill you can never get off. You use a huge amount of energy, time, and feelings, but you don't actually get anywhere. You stay in the same place, just getting more and more tired and disappointed.

## Why doesn't this approach work in the long run?

- **It focuses on symptoms, not the cause:** It's like putting a band-aid on a deep wound.
- **It creates pressure:** For both you and him. Love and passion don't flourish under pressure.
- **It's often inauthentic:** If you're doing things that aren't aligned with your true feelings or understanding, he will sense it.
- **It ignores his real needs:** Men have specific emotional triggers that spark their desire, commitment, and their need to feel like "heroes." The "Old Way" rarely takes them into account.

If this sounds familiar, you are not alone.

Many women go through this exhausting cycle.

But today is the day you can step off that treadmill.

Because there is a better way.

There is...



## **C.A.R.E. Playbook: Seduce Like a Queen**

The "C.A.R.E. Playbook" is not just a collection of random tips. It is a **conscious, strategic, and heart-led system** designed to transform not only your relationship but also the way you experience yourself within it.

At the heart of this system lies a simple yet incredibly powerful method I call the "**C.A.R.E. Connection Process.**"

It's your universal tool to use in everyday situations, and it consists of four easy steps:

- **CLARIFY the Cause:** The first step is to become a conscious observer. You will learn to recognize negative patterns and, more importantly, spot opportunities to create positive change.
- **ADJUST Your Approach:** Instead of an automatic, negative reaction, you will learn to pause and consciously adjust your approach, choosing an energy of respect, gratitude, or femininity.
- **REACT with Intention:** This is where we turn theory into practice. You will learn how to initiate a concrete, small action - a word, a touch, or a gesture - that builds a bridge toward him.
- **EMBED the New Habit:** The final step is to reinforce the positive. You will learn to recognize and affirm his positive reaction, thereby creating an upward spiral of passion and intimacy.

This **C.A.R.E. Playbook** is your compass for every situation, your secret recipe for turning potential conflicts into moments of connection.

So, what exactly is this "**C.A.R.E. Playbook**"?

## Seduce Like a Queen

It's about **understanding male psychology on a deeper level** - what drives him, what repels him, how he perceives love, respect, and attraction.

It's about **reconnecting with your authentic feminine energy** - the kind that is naturally magnetic, seductive, and inspiring, without any need for acting or manipulation.

It's about **applying concrete communication tools and behavioral techniques** that subtly but powerfully shift the dynamic between you and your partner, encouraging him to feel like your hero, your protector, and your passionate lover once again.

**In short, the "C.A.R.E. Playbook" gives you the power to:**

- **Stop guessing** what he thinks and feels, and start acting with understanding.
- **Stop feeling like a victim** of circumstances in your relationship and become the conscious creator of the relationship you desire.
- **Build a deep, lasting connection** that goes beyond superficial attraction and withstands life's challenges.
- **Feel that spark, joy, and excitement** you had at the beginning again - but this time on a more mature, conscious, and higher-quality level.

This C.A.R.E. Playbook is your map to success.

Step by step, I will show you how to leave behind old, ineffective patterns and adopt those that are proven to bring results.

More on that soon.

You're probably wondering right now...

## Who the Heck Am I and Why Should You Trust Me?

Hi darling, I'm Tonka! 🙌

If you're wondering who this woman is, speaking to you with so much passion about love, masculine-feminine energy, and relationship transformation, allow me to briefly introduce myself.

Today, I am the founder of *Tonkin Svijet (Tonka's World)*, a platform dedicated to personal growth and development, a certified love coach, an educator, and a passionate mentor.

With every fiber of my being, I feel that I am doing what I was created for:

Helping wonderful women like you unleash their full potential in love, work, and everyday life.

I am fortunate to collaborate in this with my partner, Damir, with whom I am building not only a business but also a life filled with travel, enjoyment, and, of course, love.

Life is truly beautiful!

But, believe me, it wasn't always like this... Not even close.

In fact, the path to get here was anything but a straight line strewn with rose petals.

It was a path full of "shitty" jobs, toxic relationships, moving places, breakups, tears, and doubts, but also of an incredible strength that was born from every challenge.

My real transformation, the one that makes me qualified to guide you today, began quite chaotically:

## Seduce Like a Queen

- **At 20 years old:** My parents divorced. It was a blow that knocked me off my feet.

To escape from it all (or so I thought), I packed my bags and moved from the island of Brač in Croatia to Ireland.

With no money for the therapy I desperately needed, I devoured self-help books, searching for any kind of answer or comfort.

I worked jobs that only deepened my feelings of dissatisfaction.

- **At 21 years old:** A painful realization - you can't run away from yourself, no matter how far you go.

I ended another toxic relationship. Self-help books were still my only therapists.

- **At 22 years old:** I entered a new relationship, hoping this time it would be different.

But instead, I was met with depression and anxiety in full force.

I started frantically watching various personal growth courses, trying to find a way out, but I mostly blamed everyone around me for my situation.

- **At 23 years old:** I moved from Ireland to Zagreb.

The job was a little bit better, but it still wasn't ME. The feeling of being stuck was unbearable.

- **At 24 years old:**

Another toxic relationship ended. I decided it was time to stand on my own two feet - I moved out and started living alone. And that's when a small but important shift happened: I started my blog.

To my surprise, I received wonderful comments and praise. It was the first spark of hope.

Should I show you a picture from that period?

Honestly, I probably couldn't find a single one where I'm smiling from the heart.

I was so ashamed of my life and the state I was in that I avoided being photographed whenever I could... kind of like Taylor Swift running from the paparazzi, only less glamorous.

I dreamed of the day I would feel fulfilled, have a partner who loved and supported me, and do work that inspired me...

But back then, those dreams seemed miles away.

I would often spend my nights watching TV series, just to escape the reality of my cramped rented apartment and the feeling of being stuck in quicksand.

### **I was in that vicious cycle for years...**

Even though I knew, deep down, that I was capable of much, much more.

Until one day, I realized the math just didn't add up. The path I was on would NEVER lead me to the life I envisioned for myself - one filled with love, purpose, freedom, and joy.

### **I decided that enough was enough.**

The time for daydreaming was over. It was time for radical action.

- **At 25 years old:** I continued with even more intensive education, focusing on building self-confidence and understanding interpersonal relationships.

I moved to Rijeka and, in a brave move for me at the time, I signed up for dating apps. And right there, I met my current partner, Damir.

- **At 26 years old:** Things started to fall into place.

I completed my certification for a Relationship & Life Coach. That was the moment I realized that all my painful experiences and years of learning could become my strength and a tool for helping others.

- **At 27 years old:** I launched *Tonkin Svijet* (Tonka's World).

I held my first workshop and got my first clients who placed their trust in me. We also started developing an app for personal growth and development.

- **At 28 years old:** We published the app!

In addition, we are creating courses (like the one you are reading), podcasts, and building a wonderful community of women who are ready to take their lives into their own hands.

Today, as I write this to you, I am not only living the life I once only dreamed of, but I am also helping other women achieve the same.

The courage to live the life of my dreams has led me to wonderful insights, growth that never stops, and the fulfillment of big life wishes (although I'll be fulfilling them my whole life 😊).

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Damir and I visited one of the biggest festivals in Europe - this has been on my vision board since high school, and let it be a true example for you to never stop believing...



I faced my fears and conquered my fear of heights. It's one of those vacation stories that starts with the sentence, "Should we go? - Let's go!" Look at my proud and happy face in the picture below:



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Also, we presented Tonkin Svijet at the Rijeka StartUp Incubator.

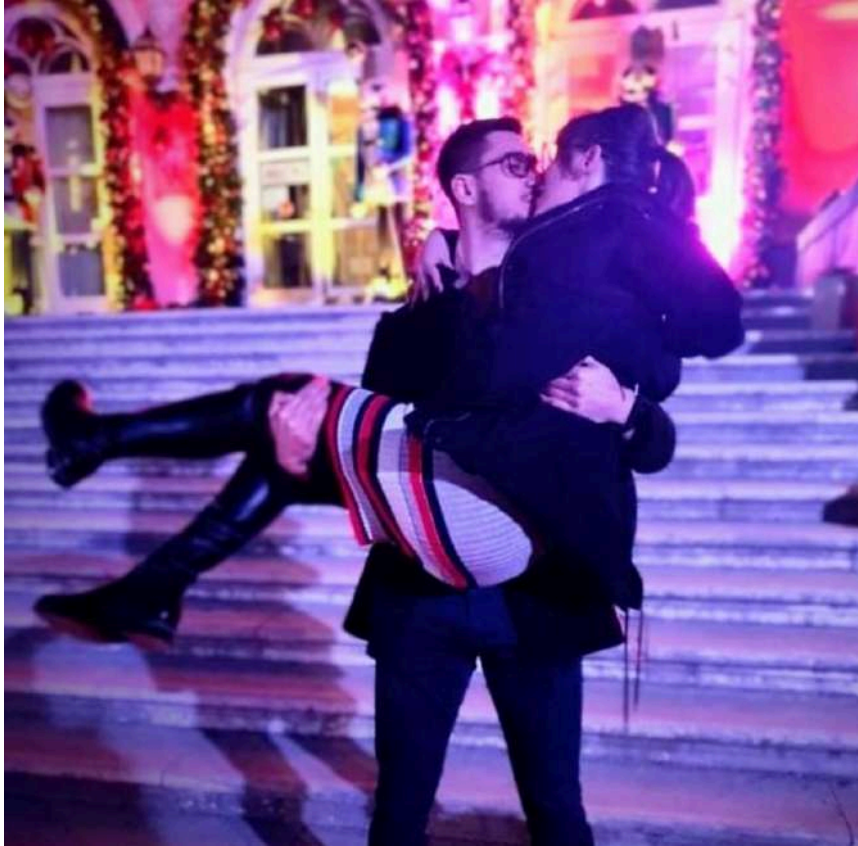
We made it all the way to the finals, and thanks to this virtual world of personal growth and development, the lives of many women are changing for the better - I had always dreamed of contributing to the world around me in some way, but I had no idea it would be this magical!

The universe writes interesting stories if we dare to step forward 🥰



## Seduce Like a Queen

Still, what makes me happiest is that I don't walk through this life alone.



I walk alongside a person who is so much more to me than a romantic partner. Damir is the man who makes me an even better woman; he is my best friend, lover, business partner, partner in crime, and so much more.

I'm happy that our paths crossed because truly, everything happens for a reason. He is the man with whom I realized just how simple love is when you know how to **communicate** with your partner.

I thank him from the bottom of my heart!

And now, I want to teach all of that to you.

### **KEY INSIGHT**

My story is not one of perfection. It is a story of transformation. Of falling down and getting back up. It's about the fact that your past and your "mistakes" do not define you, unless you allow them to. The experience I have gained, both personally and professionally, is now the foundation from which I teach you.

Through Tonkin Svijet, together with Damir (who is the business strategist and ensures all this knowledge is easily accessible to you), we are dedicated to creating a space where learning isn't just about consuming information, but about **real personal growth, deep transformation, and building lasting, meaningful connections.**

### **Why can you trust me?**

#### **Because I've been through it:**

I understand your struggles, doubts, and fears because I have felt them myself. From a loss of identity, lack of self-confidence, manipulative relationships, and depression, to feelings of loneliness - I've been there.

#### **Because I am educated:**

I didn't stop at just personal experience. I invested years in formal education and certifications to acquire proven tools and techniques that really work.

#### **Because I live what I teach:**

My relationship with Damir and the success of Tonkin Svijet are proof that the principles you will read about in this book are not just theory, but real, applicable wisdom

## Seduce Like a Queen

### **Because my mission is sincere:**

My greatest goal is to empower and guide you on the path to inner strength, self-confidence, and a fulfilling love life.

I want to show you how you can live with more passion, peace, and joy.

You don't have to blindly take my word for it.

It's enough to open your heart and mind to the possibilities this book offers.

Give yourself and these strategies a chance.

Because, my dear queen, you were born for so much more than a mediocre relationship and a life without passion.

It's time to write your own life story, the one where you are the main heroine who gets everything she wants.

### **Let me be an example to you that EVERYTHING is possible.**

Your childhood or past failures do not define you, unless that's what you want.

Every new day is a blank sheet of paper before you.

Don't give up.

Be just 1% better every day.

Believe me, no matter how lost you may feel right now, it will pass.

You can do this.

We can do this **together**.

## The Dormant Relationship Vs. The Relationship That Is Alive

What is the actual difference between a dormant relationship and one that is alive and thriving?

- Is it just the number of years you've been together?
- Is it sharing an apartment and having children?
- Is it the frequency of sex?
- Or is it something completely different?

There's a lot of confusion about this, even among couples who have been together for years...

So, before we move on, let's make sure we're on the same page.

### KEY INSIGHT

An "Alive Relationship," at its core, is a simple but powerful "agreement" between you and your partner... Where both of you (ideally, but here we will focus on your part) **consciously commit to regular investment, communication, and nurturing of the relationship**. It's where you agree to regularly bring in positive energy, understanding, and passion, and he (in response) agrees to receive and return it.

That's it.

This "Alive Relationship" can look different for every couple...

It can be full of adventure or calm and quiet...

It can include long daily conversations or comfortable silence...

But the core is always the same: **conscious, regular nurturing**.

## Seduce Like a Queen

But here's the problem:

Most women (and couples) in long-term relationships who struggle with a lack of passion don't actually have an "Alive Relationship".

**They have a "Dormant Relationship".**

**What is that?**

It's a relationship where you once **"enrolled" in each other's lives** - you got married, started living together, had children, you went through those important "life steps".

You laid the foundation.

...and then, slowly and imperceptibly, an **emotional silence** followed.

The conscious, regular investment in connection that you had at the beginning is gone.

Communication has been reduced to **logistics, chores, and children** ("*Who will pick up the kids?*", "*Did we pay the bills?*", "*What's for dinner?*").

You've become an efficient household management team, but you've lost the passionate, loving part along the way.

Except for the occasional, often **clumsy or even desperate attempts to "revive the passion"**...

perhaps for an anniversary, a birthday, or when you feel the relationship is in a deep crisis and you desperately need a dose of attention and validation.

Those are the moments when you try to "quickly" inject romance, but you often feel like you're playing a role rather than truly living your love.

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It's a relationship that has become like a **beautiful plant that you once lovingly planted but forgot to water regularly.**

Its leaves have started to wither, the colors have faded, and now it looks lifeless, like a memory of what it once was.

**But not for long.**

Because, regardless of whether you currently feel your relationship is a "**Dormant Relationship**" or smoldering like an "Alive Relationship" that desperately needs water and sun...

What you will learn in the following pages will give you **all the tools and "nutrients"** you need to transform it into a **lush, passionate, and fulfilling "Alive Relationship"** - your precious life garden, your safe and happy haven.

Does that sound good?

Now that we have cleared all this up and set the stage...

**Let's get to the main part!**

**It's time for concrete steps and the heart of this story.**



## Why Does This Approach Actually WORK?

It's Not Magic.

It's Feminine Wisdom and an Understanding of Male Psychology!

You might be asking yourself :

*"Okay Tonka, this all sounds nice, but will it really **work** on my man?"*

*"How is this approach different from everything else I've already tried?"*

Excellent question! And the answer is - **YES, it works.**

But not because it's some kind of magic or a manipulative trick.

It works because it is based on a deep understanding of what drives men and on the application of timeless principles of attraction and connection.

Here's the science (and wisdom!) behind it:

### **1) Show, Don't Just Tell**

You've probably heard the saying

*"Actions speak louder than words".*

In relationships, this is ten times truer!

Men (and women too, right?) react to what they see and feel, much more than to what they are told they should do or feel.

The "Old Way" (which we talked about) often comes down to "telling":

- *"You should help me more".*
- *"Why do you never listen to me?"*
- *"You need to be more romantic".*

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The problem is that this kind of "telling" often sounds like nagging, criticism, or making demands, and it rarely brings the desired result.

The approach in this book is based on "**showing**".

Through your actions, your energy, and your way of communicating, you show him:

- **Your Values:** What is important to you and what you won't tolerate.
- **Your Boundaries:** Where you stand and how much you value yourself.
- **Your Femininity:** Your softness, playfulness, passion, and strength.
- **Your Respect (for yourself and for him):** What a relationship in which you feel valued looks like.

### KEY INSIGHT

When you live and embody the woman you want to be, instead of just talking about who he should be, you take the **lead in your love life**. Not in a bossy way, but in an inspiring one. And men are incredibly attracted to women who are aware of their worth and who radiate positive, authentic energy. Anyone can complain. But leading by example creates **genuine attraction and respect** - the kind that makes him want to make an effort for you.

## 2) Connection + Understanding = Lasting Passion

Nowadays, information is more accessible than ever.

You can "Google" or "ChatGPT" hundreds of relationship tips, read dozens of books, and listen to countless podcasts.

Information itself is no longer a rarity.

And if all your approach offers is just information ("Here's what men want..."), it won't set you apart or create real change.

Knowledge is important, but it's not enough.

Knowledge must be balanced with **Action and Emotion.**

And what creates connection and awakens emotions is action - play, flirting, fun, honest conversations, touch, shared moments, and the feeling that you are a team.

### EXAMPLE

Imagine just telling him: "*It's important that we spend quality time together*". That is information. Now imagine that, instead, you send him a playful message in the middle of the day, touch him gently as you walk past, or give him that "*I know what I want to do with you tonight*" look. That is **engagement that creates connection and awakens emotions.**

The approach in this book does exactly that:

We combine *Understanding* (why he does what he does and what you need) with *Connection* (how to create that deep, passionate bond through your actions, energy, and communication).

## Seduce Like a Queen

We won't just talk about what passion is; you will learn how to awaken it and live it.

The end result?

A relationship he **ADORES** being in.

A relationship in which he feels like a winner, like your hero, like a loved and appreciated man.

And when he feels that way, rest assured that he will want to give you everything you desire - and more.



### **3) Let Him "Peek Behind the Fence": The Power of Honesty and Stories**

Have you ever felt that curiosity to peek into someone else's life?

Maybe while scrolling through Instagram or watching reality TV?

We all have.

Human beings are naturally curious when it comes to other people.

It is precisely this curiosity, this desire to see how others live, what they struggle with, and how they find happiness, that makes real stories so powerful.

It's fascinating for us to get a glimpse into the lives of others, especially those who have gone through something similar to us or who have achieved something we aspire to.

**This book (and my approach) uses this very principle.**

By sharing my personal story (as I did a little earlier) and real-life examples, I am letting you "peek behind my fence".

I am giving you insight into my struggles, my realizations, and my journey.

Why?

Because I want you to know that you are not alone.

I want you to see that change is possible because someone real, of flesh and blood, has achieved it.

But this idea goes a step further - it is also key to **your relationship with your partner.**

## Seduce Like a Queen

When you start applying the principles from this book, you are actually starting to let *him* "peek behind your fence"

- When you stop pretending everything is fine and start **honestly communicating** your feelings (in a constructive way).
- When you share your **dreams, fears, and desires** with him, instead of expecting him to read your mind.
- When you show him **who you truly are**, beneath all the roles (mother, wife, employee, entrepreneur) that you play.
- When you show him your **vulnerability**, but also your strength.

Of course, this doesn't mean you need to share every intimate detail or create drama. But by sharing your authentic "self," you allow him to get to know you all over again. To see the woman he fell in love with, but also the woman you are growing into.

### KEY INSIGHT

When you allow your partner to see your authenticity - your imperfections, your passions, your vulnerability, and your strength - you create a **space for a deep, genuine connection**. People don't connect with facades; they connect with real people. Men don't fall in love (and stay in love) with the perfect *role* of a woman; they fall in love with a **real Woman**.

**Remember:** Men fall in love with the WOMAN, not her role or strategy.

Your honesty and authenticity are your strongest assets. They create the foundation for a strong brand and a profitable... Wait, no! They create the foundation for a strong bond and a passionate relationship full of trust. (We got a little carried away with the original, didn't we? 😊 But the point is the same - authenticity builds value!)

#### **4) Give Value, But Set Boundaries: The Difference Between Investing and Draining**

If you want to build a passionate, connected relationship (or any healthy relationship), it is crucial to understand **what you are giving and what you expect in return.**

This is not in the sense of a transaction, but in the sense of a healthy flow of energy and respect.

You want it to be crystal clear - to both you and him - what you are willing to **give freely** (your love, support, understanding, effort), and where the **healthy boundaries** that protect your energy and self-respect exist.

The dividing line, my dear, is between **'WHAT'** you can and want to provide, and **'HOW'** you provide it, as well as **'HOW'** he responds to it.

It is perfectly fine (and desirable!) for you to give him the **"WHAT"**:

- **Love, support, and understanding.**
- **Your time and attention.**
- **The knowledge you are gaining here** - understanding his perspective.
- **The best version of yourself.**

This is how you will bring **immense value** into your relationship.

But, unlike the "Old Way" where you might have given your all without boundaries and were often left exhausted and disappointed...

**With the "New Way," you learn HOW to do it in a way that preserves you, while simultaneously inspiring him.**

This book gives you the "**HOW**":

- How to communicate your needs with respect.
- How to show gratitude so that he *feels* it.
- How to let go of control and unlock his initiative.
- How to awaken passion within yourself and bring it into the relationship.

But it's important to understand: This book gives you the "HOW" for *you*.

It gives you the tools to change your approach, your energy, and your reactions.

#### **KEY INSIGHT**

This book teaches you **HOW** *you* can be the best partner. But you are not learning **HOW** to change *him* or **HOW** to do his part of the work. Your task is to apply your "**HOW**". His task is to respond to your new energy and apply *his* "**HOW**".

In other words:

- You are learning **WHAT** you need to do (and why).
- You are learning **HOW** to do it from your side.
- But you cannot (nor should you) do **his** part of the work.

**Maintaining healthy boundaries is absolutely essential for every relationship.**

It is especially important for us women, as we often have a tendency to give too much, take on too much responsibility, and forget our own needs in the hope of "saving" the relationship or "making" our partner happy.

Your new approach will show him **WHAT** it means to be in a relationship with a woman who values herself and understands him, and **HOW** you contribute to that.

But he has to decide **HOW** he will contribute to that relationship.

Your setting of boundaries is a signal that you expect that contribution.



## 5) A Problem is a Call for Change (not for Complaining)

In the "Old Way" of managing relationships, when we feel that something is wrong or that we need something, we often express it as **a side note or a complaint.**

Like a forgotten sock at the bottom of the laundry basket, we often throw out important emotional needs in the **P.S. part of a conversation:**

- As he's walking out the door:  
*"...and just so you know, we don't even talk anymore!"*
- In the middle of a fight about money:  
*"...and you never hug me either!"*
- Through a sigh while watching TV:  
*"We've really grown distant..."*

What kind of message do you think this approach sends to your partner?

**A)** That it might not be **that important to you** (because if it were, you'd say it directly).

**B)** That there's **no urgency** (so he'll deal with it... never).

**C)** That you're **not sure** what you're asking for (or that you're afraid to ask).

**D)** That it has **nothing to do** with what you're currently talking about (so he doesn't take you seriously).

The answer is - probably **all of the above.**

When you express your deepest needs as a casual, unrelated criticism, they lose their power and importance.

The result?

## Seduce Like a Queen

He doesn't hear you, doesn't understand, or feels attacked and withdraws.

And the problem remains.

**But with the "New Way," which you are learning in this book, you create a direct link between the problem you're feeling and the solution you want.**

You learn how to:

1. **Recognize the real problem** (e.g., "*I feel lonely because we're lacking a deep connection*").
2. **Connect it with a concrete action or desire** (e.g., "*I would love for us to set aside half an hour tonight just for us, without phones or TV, and to really talk*").
3. **Apply the tools from this book** that help you create an atmosphere in which he is *open* to that kind of connection

### KEY INSIGHT

**Your feeling (the problem) is not a reason to complain, but a *call* to apply a solution.**

When you, through your actions (learned here), show that you understand both him and yourself, and when you clearly (but gently) express what you need, you create an ***insight and desire*** in him to participate in the solution.

Not because you are forcing him, but because he feels it is the path toward *your mutual happiness* and *his feeling of being a successful man* by your side.

## 6) An Invitation is Better Than Pressure

No one likes the feeling of pressure.

Especially not in love.

Think about how you feel when someone forces you to do something, when you feel that you *have* to do something.

Resistance usually arises, doesn't it?

The same goes for your partner.

The "Old Way" often relies on **pressure and demands**:

- *"We have to talk more!"*
- *"Why do you never take me out?"*
- *"If you loved me, you would..."*

This approach, although it may stem from a real need, creates a feeling of discomfort and pressure in your partner.

It's as if someone is trying to "forcefully sell" him something.

The result?

He often withdraws, becomes defensive, or simply "shuts down" - which leads to your feelings of frustration and **emotional "burnout"** in the relationship.

**With the "New Way," your invitations for connection are always gentle and without pressure.**

It's not about demands, but about **invitations**.

About opening a door, not pushing through it.

## Seduce Like a Queen

What does that look like?.

- You **first bring value** - your positive energy, understanding, respect, playfulness (everything you are learning here).
- And then, from that state, you extend a gentle invitation: *"I would really love to talk with you for a bit tonight,"* or *"What do you say we get away somewhere for the weekend?"* or *"I miss your touch"*.

### EXAMPLE

#### Instead of:

*"You never initiate sex, am I not attractive to you anymore?!"*

#### Try:

When you are feeling good and connected with yourself, approach him, touch him gently, and whisper: *"I've really been thinking about you today..."*.

When your invitation comes from a place of self-confidence and positive energy, not from desperation or demand, he perceives it as an **option, an opportunity**, not as an obligation.

### KEY INSIGHT

Even if he doesn't respond immediately to every one of your invitations, something wonderful happens. Through your consistently positive and gentle approach, you are "training" him to expect pleasure and connection in your company.

He will still gladly "consume" your good energy and respect, even if at that moment he is not ready for the specific action you are proposing.

**And paradoxically, this is often what increases his desire!**

When you take the pressure off him (and yourself!), he relaxes.

He becomes more open.

And it's much more likely that he will want to connect with you on his own, respond to your invitations, and make an effort - not because he has to, but because he **wants** to be near a woman who radiates such energy.



## 7) The Power of Small, Everyday Touches of Love

A simple principle also applies in love:

**The more conscious, positive interactions you bring into the relationship, the richer, more passionate, and more connected it will be.**

However, there is one "catch":

**Your partner must *want* and be *open* to these interactions**

Would you enjoy it if someone gave you a lecture every day about what you should be doing better?

Or if they made demands and created pressure on you every day?

As we've already said, most of us would say NO.

Neither of these are interactions we would gladly accept every day. This leads to resistance and emotional "burnout".

But, since the "**New Way**" (which you are learning in this book) is based on **positivity, understanding, respect, gentle invitations, and authentic feminine energy**, it does not **tire, offend, or create pressure** for your partner.

On the contrary, it creates **comfort**.

### **KEY INSIGHT**

Since your new approach *feeds* his masculine energy and makes him feel good next to you, you can (and should) apply these positive interactions as often as possible - even EVERY DAY!.

## Seduce Like a Queen

We're not talking about big, exhausting gestures. We're talking about:

- A sincere compliment.
- A gentle touch as you pass by.
- Gratitude for something small he did.
- A playful message.
- A look full of admiration.
- Truly listening when he's telling you something

These are the **small, daily "injections" of love and respect** that keep a relationship alive and passionate.

As your relationship grows stronger, you should strive for these small, positive gestures to become your **natural, everyday way of being** in the relationship.

Not as a task, but as an expression of your love and awareness.

Because strength lies not only in the *quality* but also in the **frequency** of positive interactions.



# CHAPTER 1: 7 REASONS WHY MEN LOSE INTEREST

*"The single biggest problem in communication  
is the illusion that it has taken place."*

-George Bernard Shaw-

Welcome, dear Queen, to the first real chapter of your journey toward reawakening passion and a deep connection with your man!

In the comprehensive introduction, we laid the foundation, clarified why the "old ways" often don't work, and why this Action Plan is your new, powerful ally.

Now it's time to dive deeper.

Before we begin with concrete tools and techniques for the "fix," we must first make a **diagnosis**.

Just as a doctor cannot treat an illness until they understand what is causing it, we cannot revive passion until we understand why it began to fade in the first place.

You might be asking yourself:

*"Has he simply stopped loving me ?"*

or

*"Am I to blame?"*

The truth is, as always, a bit more complex.

And, most importantly, it's **far less hopeless** than it might seem.

### **KEY INSIGHT**

**A man's loss of interest rarely happens overnight.** It's not from one big mistake, one bad day, or one major disagreement.

It is almost always the result of an accumulation of small, seemingly insignificant things over time - tiny jabs, unspoken resentments, and missed opportunities for connection.

Until one day you wake up and realize that something is simply not the same as before. The relationship has become... lukewarm.

If you're wondering where that initial spark, the passion, his desire to win you over, and the admiration in his eyes have gone, this chapter will help you decipher it.

I will introduce you to the **seven most common "passion killers"** - the behaviors and dynamics with which we, often unconsciously, extinguish masculine energy and push a man to distance himself emotionally.

Recognizing these patterns is your **first, powerful step toward change.**

Because only when you become aware of what isn't working can you start building something new and better.

So, let's start deciphering!

## 1. Disrespect and Belittling

A man has a deeply ingrained need to feel **worthy, capable, and appreciated**, especially by the woman he loves.

If you criticize, mock, or "put him down" in any way at home, and especially in the company of others, it literally suffocates him.

His masculine energy withdraws.

A man whose wife does not admire him stops feeling like a man in that relationship.

### CLIENT STORY

*Jessica and her husband Michael were at dinner with friends. The conversation turned to apartment renovations. Michael mentioned that he was planning to install new shelves in the living room himself.*

*To which Jessica, in front of everyone, said with a laugh: "Oh yeah, Michael and tools... you can imagine how that will turn out! In the end, I'll have to call a handyman, as always. He's a total anti-talent for that stuff!"*

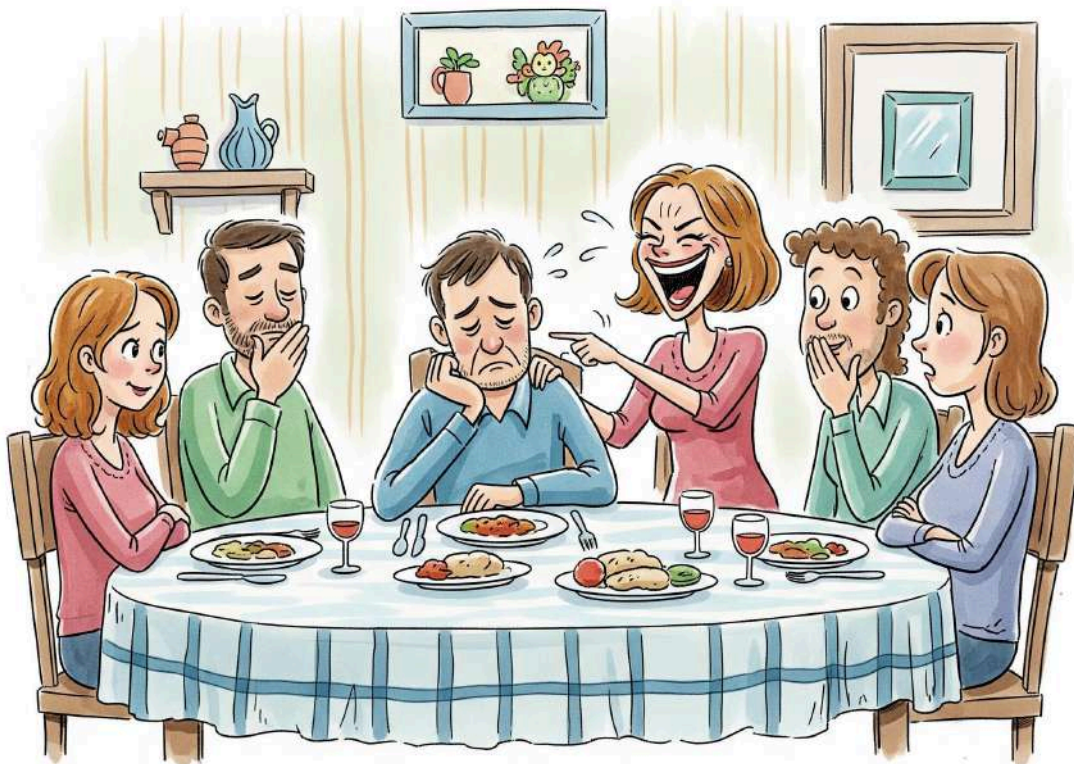
*Michael gave a sour smile but said nothing. He was withdrawn for the rest of the evening. Jessica thought she had told a cute anecdote, unaware that she had made her husband feel incompetent and ashamed in front of his friends.*

## Seduce Like a Queen

- **Before:** Michael felt humiliated. His desire to even try with the shelves (or anything else around the house) faded. He felt that whatever he did wouldn't be good enough or would be ridiculed.
- **After:** If Jessica had said, "Great idea, honey! You're so handy, I'm sure the shelves will look amazing!" Michael would have felt supported and motivated. His masculine energy would have increased.

**Instead, try this:** In the company of others, highlight one of his good qualities or a success.

At home, tell him that you appreciate his effort, even if the result isn't perfect.



## 2. Lack of Attention ("hold on, I'm scrolling Instagram...")

Do you remember the beginning when you would soak him in with your gaze, when his every word was important?

A man feels it when your attention **wanders**.

If you are constantly on your phone while he's talking to you, if you dedicate more time to social media than to conversation with him, he feels unimportant and invisible.

### CLIENT STORY

*David would often come home and try to tell Sarah something interesting or stressful that happened to him at work. Sarah would nod, saying "Mhm, aha..." but at the same time, she would be scrolling through Instagram or replying to messages.*

*Over time, David stopped sharing the details of his day with her. He felt like she wasn't interested, like he was talking to a wall. He started confiding in his colleagues, and Sarah wondered why they "don't talk like they used to" anymore*

- **Before:** David felt unimportant and unheard. The emotional distance grew.
- **After:** If Sarah had put down her phone, looked him in the eyes, and actively listened, asking questions, David would have felt valued and connected. Their intimacy would have grown.

**Instead, try this:** When he is talking to you, give him full attention.

Look him in the eye.

Show genuine interest.

That small sign of attention means the world to him.

### 3. Lack of Presence ("I'm here, but I'm not...")

You can be sitting next to him on the couch every evening, but if you are mentally absent - if your focus is on work, the kids, worries, or obligations - he feels it.

Physical presence without mental and emotional presence creates a feeling of emptiness and distance.

#### CLIENT STORY

*Emily and James had a "Friday movie night" ritual. But during the movie, Emily would often be on her laptop, answering work emails or mentally running through her to-do list for the next day. She would respond absently to James's comments about the film.*

*James felt like he was watching the movie alone. Even though they were in the same room, he felt an emotional void. He stopped making an effort to choose movies or initiate those evenings.*

- **Before:** James felt lonely even when they were together. Movie nights became just a habit, without any real connection.
- **After:** If Emily had consciously put her work aside, gotten into the movie with him, made comments, and laughed - an atmosphere of togetherness and intimacy would have been created.

#### Instead, try this:

When you spend time together, be *truly* present.

Turn off distractions. Focus on the moment and on him.

## 4. When Sexual Intimacy Fades

Sexual intimacy is a key part of a partnership.

If you regularly reject his touch or advances without explanation or conversation, he might interpret it in many negative ways:

*"I'm no longer attractive to her"*

*"Maybe she has someone else"*

*"Something is wrong with me".*

### EXAMPLE FROM PRACTICE

*In the evenings, Leo would often try to hug Chloe or kiss her in a way that clearly suggested a desire for intimacy. Chloe, often exhausted from work and the kids, would just say, "Not tonight, please, I'm dead tired," and turn to the other side.*

*Over time, Leo stopped trying. He felt rejected and undesirable. He began to doubt himself and their relationship. Chloe didn't understand why he had become so distant and cold.*

- **Before:** Leo felt rejected and undesirable, which led to frustration and withdrawal.
- **After:** If Chloe, even while tired, had said: "Honey, I'm very tired tonight, but I love you and I want you. Can we just cuddle?", Leo would have felt loved and understood, not rejected.

Communication is key.

**Instead, try this:** You don't always have to be in the mood for sex, but communicate openly. Explain how you feel, but let him know that you still care and that you still desire him. Suggest an alternative or a plan for the future.

## 5. Excessive Control ("Where were you? Who with?")

Men have an innate need for freedom and trust.

If he feels that you are constantly "breathing down his neck," checking up on him, questioning him, and analyzing his every move - he will start to run away.

Emotionally, even physically. Control **suffocates and kills** attraction.

### CLIENT STORY

*Olivia had a habit of calling her boyfriend, Ethan, several times during the evening if he went out with friends. The questions were always the same: "Where are you exactly? Who all is with you? When are you coming home?". She would also check his social media profiles.*

*Ethan felt like he was in prison. He started avoiding Olivia's calls or giving her brief answers. His desire to spend time with her diminished because he felt like he was under constant surveillance.*

- **Before:** Ethan felt controlled and distrusted, which pushed him to pull away.
- **After:** If Olivia had shown trust and said, "Have a great time tonight! Let me know when you're heading home," Ethan would have felt respected and free, and would likely have been happier to check in on his own.

**Instead, try this:** Build trust.

Give him space.

The more you control him, the more he will pull away.

Focus on building a quality relationship based on trust, not on control.

## 6. Constant Criticism ("You never do anything right!")

No one likes to be constantly criticized.

If he gets criticized for every little thing he does, he will stop trying.

Why?

Because he will develop the belief that he will **never be good enough for you**, that he will never be able to please you.

And that is a devastating feeling for any man.

### CLIENT STORY

*After Ben would do the dishes, Sophia would always find something to complain: "See how you stacked this, it's all going to fall!", "Glass isn't washed properly." Ben wanted to help, but he was criticized every time.*

*Over time, Ben stopped washing the dishes. He concluded: "Why should I even bother when it's never good enough? It's better if I do nothing, at least then she won't criticize me." Sophia complained that she had to do everything herself.*

- **Before:** Ben felt incompetent. He stopped trying.
- **After:** If Sophia had said, *"Thank you so much for washing the dishes, it really means a lot to me!"*, Ben would have felt appreciated and would likely have kept trying, perhaps even learning over time to stack them "her way".

**Instead, try this:** Focus on the effort, not just the perfect result.

Pick your battles. Praise what was done well.

If something needs to be corrected, do it gently and with respect, after the praise.

## 7. Commanding Tone ("Do it right now!")

Men find a commanding tone particularly difficult to handle.

When you constantly tell him what to do and how to do it, especially in a raised or commanding tone, he feels like a boy being scolded, not like an equal partner and a man.

### CLIENT STORY

*Mia would often use sentences like: "Take the trash out right now, I can't look at this anymore!" or "Stop playing those games so much and come help me!".*

*Her partner, Noah, felt like he was constantly being ordered around. He began to resist, procrastinate on tasks, or simply withdraw into himself to avoid her commands.*

- **Before:** Noah felt disrespected and subordinate, which created resistance and quiet anger.
- **After:** If Mia had said, *"Hey, love, could you please take out the trash when you get a chance?"* or *"I'd love for us to spend a little more time together tonight, what do you think?"*, Noah would likely have been much more willing to cooperate.

### Instead, try this:

Use requests instead of commands.

Pay attention to your tone.

The way you say something is often more important than what you say.

Now that you are more aware of these seven "passion killers," it might seem like a lot has "gone wrong".

## Seduce Like a Queen

Perhaps you feel guilty or overwhelmed.

**But I want you to know - this is NOT a reason to panic!**

Many women (including myself, once!) didn't know about these subtleties of male psychology.

But you are here now, learning and ready for a change.

This knowledge is your key.

It's your first step toward transformation.

Because now that you know what extinguishes his masculine energy and that "craziness" for you, it's time to take matters into your own hands.

And believe me - you can do it so much faster than you think.

But now we come to the key question....

How do you thoroughly start building what attracts a man?

How do you bring back the dynamic in which he looks at you with respect, attraction, and true passion?.

The answer lies in the first and most powerful tool we will sharpen together, and that is building **RESPECT**.

It is the foundation of everything that follows.

Are you ready to find out how?

# CHAPTER 2: POWER OF RESPECT

*"We cannot truly love anyone we do not respect."*

-Geneen Roth-

If you have carefully gone through the first chapter, you now have a much better understanding of the subtle but devastating dynamics that can slowly extinguish a man's interest and passion.

Perhaps you've recognized some patterns in your own relationship, and that's great - because awareness is the first step toward true change!

Now that we know the "enemies" of our relationship, it's time to arm ourselves with the most powerful ally in reawakening his masculine energy.

This ally isn't some complicated technique or manipulative trick.

It is something primal, something that every man deeply craves to feel from the woman he loves.

I'm talking about **THE POWER OF RESPECT**.

If there is one thing that can almost instantly begin to change the dynamic in your relationship, bring back the sparkle in his eyes, and awaken his desire to once again be your protector, your support, your hero - it is sincere, deep respect.

You might be nodding your head right now and thinking:

*"Well, of course I respect him!"*

But, as we saw in the previous chapter, our daily actions, words, and even our tone of voice sometimes send the complete opposite message.

In this chapter, we will dive deep into the psychology of male respect.

You will discover why it is the absolute key for his masculine soul and how you, as the woman in his life, can consciously use it to unlock the version of him you desire.

### **Why is Respect the Key for a Man?**

Imagine for a moment a man as a knight from ancient tales.

What drove him into battle, to conquer, to protect those he loves?

It wasn't just duty.

It was a deep need to be seen as capable, brave, and worthy of admiration.

His strength grew from the feeling of being valued, trusted, and important.

Your man, although he doesn't wear armor and a sword today (except perhaps figuratively), carries that same fundamental need at his core.

He wants to feel like **your knight, your hero.**

He wants to know that in your eyes, he *can*, that he is *capable*, that he is *your rock*.

When he feels that you admire him, when he feels that you believe in him - even when he doubts himself - his masculine energy grows.

And with it, his desire to be there for you, to love you, protect you, support you, and make you happy also grows.

## KEY INSIGHT

**Respect is to a man's soul what air is to the lungs.** When he receives it from his wife, he flourishes. He feels powerful, competent, and motivated. He is ready to move mountains for her. His natural desire to make her happy and protect her comes to full expression.

On the other hand, a **lack of respect acts like a poison on his masculine energy.**

If he feels underestimated, criticized, ridiculed, or as if his efforts are not seen or appreciated, his natural instinct is to **withdraw, shut down, become passive, or even defensive.**

This is his way of protecting what little masculinity he has left in that dynamic.

He stops feeling like a hero and starts feeling like a failure.

And a man who feels like a failure next to his wife can hardly be the passionate and committed partner you desire.



### CLIENT STORY

*For years, Hannah had been frustrated because her husband, Daniel, had become uninterested in household repairs and in taking initiative in general. She constantly criticized him: "You never do anything right!", "I have to do everything myself!". When Hannah came to me for coaching, she learned all about the power of respect and decided to try a different approach.*

*When Daniel mentioned he might try to fix the squeaky closet door, Hannah, instead of her usual "Oh please, you'll only make it worse," said with a smile: "That would be great, love! You're so skilled with your hands, I'm sure you'll fix it with no problem. Thank you so much for trying".*

*Daniel looked at her with surprise. That afternoon, with unusual enthusiasm, he got to work. It wasn't perfect; the door still squeaked a little, but less. Hannah told him: "Wow, it's so much better! Thank you, you've really made things easier for me".*

*In the following weeks, Hannah continued to apply this principle. She praised his small successes, expressed trust in his decisions, and thanked him for his efforts. Daniel began to take the initiative more often, not just around the house, but also in planning their time together. Their communication improved, and Hannah noticed that he was looking at her again with that old sparkle in his eyes. "It's like I got a new husband," she confided to me, "but really, I just changed the way I look at him and treat him".*

Hannah's story is not an exception. It is the rule.

Your respect has the power to transform not only him but the entire dynamic of your relationship.

Now that you understand why respect is so powerful, let's see how you can deliberately show it in everyday situations.

It's not about big, dramatic gestures, but about small, consistent changes in your attitude and communication.

**WHAT YOU SHOULD DEFINITELY DO** (So he feels like a KING next to you):

### **Publicly Acknowledge His Qualities:**

- **Situation:** While you are in the company of friends or family.
- **Example:** *"I have to tell you, my Ryan is incredible at how he manages to stay calm under pressure at work. I really admire him!"* or *"Have you tried Ryan's barbecue?. He has a golden touch for it, nobody makes it better!"*.
- **Why it works:** Public acknowledgment multiplies the feeling of pride and importance. You are showing that you not only appreciate him in private but that you are also proud of him in front of others.

### **Express Admiration for His Effort or Skill:**

- **Situation:** When he does something, whether it's a repair around the house, helping the children with homework, or even the way he solved a problem.
- **Example:** *"I admire how you patiently explained math to our son, I would have lost my nerve long ago!"* or *"You really put a lot of effort into that presentation, one can see how much you invested in it"*.
- **Why it works:** Men love the feeling of recognition and achievement. Acknowledging their effort (even if the result isn't perfect) nourishes him.

## Show Trust in His Decisions and Abilities:

- **Situation:** When he takes responsibility for something or proposes a solution.
- **Example:** Instead of saying, "Are you sure that's smart?" , try: "**I trust you.** I know you've thought it through." or "Great, you handle it, I know you'll do what's best."
- **Why it works:** The feeling that you trust him gives him wind in his sails. It motivates him to try even harder and to justify your trust.

## WHAT TO ABSOLUTELY AVOID:

### Humiliation or Underestimation:

- **Example:** "Him and housework? Two different worlds. It's better if I do it." (Said with a sneer).
- **Consequence:** He feels useless, ashamed, and withdraws. He loses the will to even try.

### Sarcasm and Cynical Jokes at His Expense:

- **Example:** He proudly shows you a new tool he bought, and you say, "Great, another thing that will just collect dust."
- **Consequence:** He might force a laugh, but inside he feels a sting and disrespect.

### Correcting, "Smart-Alecking," and Taking Control:

- **Example:** While he's trying to assemble a piece of furniture, you stand over him and say, "Not like that! You've turned it the wrong way! Give it to me, I'll do it faster."
- **Consequence:** He feels like an incompetent child, not like your partner. This suffocates his initiative.

Now that you have clearer guidelines, it's time for action!

### **ACTION STEP**

1. Actively look for at least ONE positive thing he does or says today and **reward it with respect** (praise, gratitude, admiration). Focus only on the good!.
2. At the first urge to criticize, **stop**. Rephrase it as a gentle suggestion or, even better, find something to praise instead of criticizing.
3. Every day, find at least **ONE situation** to sincerely tell him or show him: **"I trust you"** (in his decision, ability, effort).

### **Notes for This Exercise:**

- **The Focus is on YOU and YOUR ACTIONS:** You are changing yourself and your approach. That is the only thing you have 100% influence over. His reaction is his own, but your change creates the space for his change.
- **Small Things, Great Power:** Don't underestimate the power of small, consistent gestures. One sincere compliment a day can do more than one expensive dinner a year.
- **Progress, Not Perfection:** There will be days when you revert to old habits. That's completely normal! Don't judge yourself. Just notice it, forgive yourself, and continue better tomorrow.
- **Honesty Above All:** Do this from the heart, from a real desire to improve the relationship and to make him feel good. He will recognize the authenticity.
- **Be a Patient Queen:** Changes in the dynamic of a relationship don't happen overnight. Give it time for your new behavior to take root and for him to start reacting to it. Observe the subtle changes.

## Seduce Like a Queen

This exercise is not just a task; it is an invitation to become a more conscious architect of your love life.

Every time you choose respect over criticism, and trust over control, you are building a bridge to his heart.

My dear, you have just gone through one of the most important chapters of this book.

Respect is the foundation upon which everything else is built - trust, attraction, passion, connection.

Apply what you've learned, be patient, and watch the magic happen.

### **BONUS - 20 ways to communicate respect**

1. "You're so resourceful, you always know how to fix things."
2. "I feel so safe with you."
3. "I trust you, I know you'll handle it in the best way."
4. "I'm so glad I have you - you always know how to make me laugh."
5. "You are the best advisor to me, you always know what to say."
6. "I really like how you're wearing that shirt today, it looks great on you."
7. "I'm proud of you, you really gave it your all."
8. "Thank you for always thinking of me."
9. "I don't know what I'd do without you, you make my life easier."
10. "You're the best dad, I love how you play with the kids."
11. "I feel safe and loved next to you."
12. "I really appreciate you helping me with that task."
13. "It's so sexy to me how you handle things with such ease!"
14. "You are so valuable and hardworking, I admire you."
15. "Thank you for always thinking about our family."
16. "I love the way you think!"
17. "You're so attractive to me when you're focused on work/training."
18. "You win me over again every day with your character."
19. "I'm so glad you're by my side."
20. "I can't describe how much it means to me that you listened to me yesterday."

# CHAPTER 3:

## GRATITUDE AND PRAISE

*"Feeling gratitude and not expressing it is like  
wrapping a present and not giving it."*

-William Arthur Ward-

In the previous chapter, we discovered the incredible power of respect and how it can awaken his inner hero.

You learned that when a man feels truly respected by his wife, his masculine energy flourishes.

Now we will add two more magic ingredients to that foundation that will further strengthen your bond and make him feel like the most important man in the world next to you.

We are talking about **GRATITUDE and PRAISE**.

They may seem like small things, but believe me, in the world of male psychology, they are like fuel that drives his desire to try even harder, to love you even more, and to give you the world on a platter.

In this chapter, you will discover why it is so important for men to feel appreciated for what they do, how to avoid the trap of "taking things for granted," and how, through sincere gratitude and praise, to become a woman he simply cannot resist.

### **Why Does a Man Want to Be Your Hero?**

As we've already mentioned, a man has a deep, primal need to be his woman's hero.

He wants to know that he can protect you, that he is capable of making your life easier, more beautiful, and happier.

It's in his nature.

He wants to be your champion, your rock.

But here is the trap that many women (often unconsciously) fall into after some time in a relationship or marriage:

Everything he does, everything he contributes, over time becomes...

**normal...**

**expected...**

**something taken for granted.**

Think back to the very beginning of your relationship.

When he would take you out to dinner, you would probably say with a radiant smile:

*"Thank you, love, it was wonderful! You really surprised me!"*

And now?

Maybe you just comment on the food or, even worse, complain about the price, forgetting to thank him for the effort and the desire to please you.

When he would fix something around the house, even a small thing, you would be thrilled:

*"Wow, you're my handyman! What would I do without you?"*

And now?

Maybe you consider it his duty or even criticize it if it's not done perfectly according to your standards.

### KEY INSIGHT

**When a man feels unnoticed, when his effort is not appreciated or is taken for granted, he gradually withdraws.**

He starts to think: *"Why should I even bother? Nobody notices it anyway,"* or *"Whatever I do, it's never good enough"*. His desire to be your hero slowly fades away.

But the good news is - you can change this!

And you can do it literally today!

No, I'm not telling you to write him thank-you notes every day or to praise him to the skies for no reason.

It's about small, sincere signs of gratitude and praise that show him that you see his effort and that you appreciate it.

That is what makes a huge difference.



## The Art of Gratitude and Praise

Men and women have different emotional needs.

A man may not need constant outpourings of the words "I love you" (although those are welcome too!), but he **absolutely needs to feel that what he does for you and your family has value.** That is why gratitude, combined with praise, is key.

Here's how you can apply it in everyday life:

### Verbal Gratitude - Simple, Yet Powerful:

- Sometimes it's enough to just say clearly and aloud: *"Thank you for mowing the lawn today, the yard looks beautiful!"* or *"I appreciate that you stayed late at work yesterday so we could go on our trip."*
- **Example:** Instead of just silently taking the grocery bags he brought in, pause, look him in the eye, and say: *"Thank you for going shopping, you really saved me some time."*
- **Why it works:** Clear verbal gratitude affirms his effort and lets him know that you've noticed.

### Praise - Even When It's Not Perfect (Focus on the Effort):

- This is very important!. Maybe the dishes he washed aren't stacked exactly the way you would do it, or the shirt he ironed isn't perfectly flat. But **he made an effort.**
- Instead of immediately pointing out a mistake (*"Ah, you left this wet again..."*), praise the effort: *"Thank you so much for doing the dishes, it means a lot to me!"*. And then, if it's really necessary, you can elegantly and femininely insert a small suggestion: *"...just, next time be careful not to put a cutting board in the dishwasher, so it doesn't get ruined."*

- **Why it works:** When you praise the effort, you motivate him to continue. If you only criticize, you kill his will to try.

### **Small Signs of Attention That Say "I Appreciate You"**

- It doesn't always have to be about words. You can also show gratitude with small gestures that let him know you are thinking of him and that you appreciate who he is and what he does.
- **Examples:**
  - Leave his favorite chocolate on his desk with a little note: *"For my hero, thank you for everything!"*
  - Send him a message in the middle of the day: *"I was just thinking today how lucky I am to have you and that you try so hard for us."*
  - After a tough week, prepare a relaxing bath for him or book a massage.
- **Why it works:** These little things "scream" that you see him, appreciate him, and love him.

### **What to AVOID AT ALL COSTS:**

- **Taking His Effort for Granted:** If you never acknowledge what he does, if you never say "thank you," he will notice. And he will stop trying. Because, why would he?
- **Constant Criticism and Focusing on Mistakes:** If every one of his actions ends with your criticism or "fixing," he will feel like he's "never good enough". This is a sure path to his passivity and emotional withdrawal.

## CLIENT STORY

*Laura noticed that her husband, David, often took it upon himself to take out the trash, but she never specifically commented on it - she considered it normal. One morning, after reading about the importance of praise, she decided to try it. When David picked up the trash bag, Laura approached him, kissed him, and said: "Hey, I just want you to know, I really appreciate that you always remember to take out the trash. It's one less thing for me to worry about in the morning, and it means a lot to me."*

*David was visibly surprised, and then he smiled broadly. "Oh, it's nothing," he said, but Laura could see he was pleased. That day, he was in an unusually good mood. He even offered to go to the store after work, which he didn't usually do so willingly. Laura realized - one small, sincere compliment for something "unimportant" had set off a chain reaction of positive energy.*

Now it's time for you to start consciously using this powerful art!

## ACTION STEP

1. Actively look for and sincerely give thanks for **at least ONE** thing he does or says today. Don't take anything for granted!
2. At the first opportunity, **praise his effort** (even if it's not perfect) or one of his qualities that you love. Let him feel that you see him!
3. Make at least ONE **small gesture** (his favorite chocolate, a message, a touch) that clearly tells him: "I appreciate you and I'm thinking of you."

# CHAPTER 4: 'LET HIM' METHOD

*"Sometimes letting things go is an act of far greater power than defending or holding on to them."*

-Eckhart Tolle-

We now come to one of the most challenging, but also most liberating, principles for you and your relationship.

I am talking about the art of letting go of control and allowing him to be the man you secretly want by your side - one who takes initiative, solves problems, and feels capable and strong.

This is a chapter about the magic formula from author Mel Robbins, summarized in two words: "LET HIM".

## **The (Good) Intention Trap: Control Suffocates Initiative**

Have you ever caught yourself telling him what to do and how to do it, even for the most trivial things?

Do you constantly check up on him to see if he has completed the task the way you envisioned?

Do you often feel that everything would be better, faster, and more "correct" if you just took matters into your own hands?.

If the answer is "yes" to any of these questions, you are not alone.

Many women, often with the best of intentions, fall into this pattern.

We want things to be done right, we think we are helping them, we want them to make our lives easier, or we simply consider ourselves more competent for certain tasks.

**Why do women take control?** The reasons are numerous:

- Fear that he won't do it right.
- Impatience - we think we'll be faster on our own.
- A need for perfection and order.
- Learned patterns from childhood or previous relationships.
- Sometimes, a lack of trust in his abilities.

But here's the problem, my dear:

**Men are not children.**

**And they don't want to be treated as such.**

When you are constantly checking up on him, correcting his decisions, criticizing his way of doing things, or telling him how he "should" do something, he feels **incompetent, undervalued, and as if you don't respect him as a man.**

Instead of inspiring him to take initiative and responsibility, you are unconsciously suffocating his masculine energy.

### **KEY INSIGHT**

When a woman takes too much control, a man either withdraws and becomes passive ("*Why should I bother when she knows everything better anyway and will do it all herself or criticize my effort?*") or becomes stubborn and resists (because he feels like someone is constantly "breathing down his neck" and not allowing him to be himself).

In either case, the result is distance, frustration, and the extinguishing of passion.

## "Let Him": The Key to Unleashing His Strength

The solution to this control trap lies in the simple but powerful "**Let Him**" principle.

What does that mean?

It means consciously deciding that you will **let him be a man**.

To make decisions.

To do things at his own pace and in his own way.

To make mistakes and learn from them.

To take responsibility.

### **How does letting go of control encourage his growth and responsibility?**

When you let him, you send him several powerful messages:

*"I trust you."*

*"Your opinion and your way of doing things are important to me."*

*"You don't have to be perfect for me to appreciate you."*

When a man feels this kind of trust and freedom, he grows.

His self-confidence strengthens.

He feels like a competent man and partner.

He takes responsibility not because someone is forcing or controlling him, but because he **wants** to contribute, because he feels capable, and because he wants to be your hero.

And do you know what the best part is for you?

Your peace.

When you let go of the need to control everything, you free up a huge amount of your own energy that you can direct toward yourself, toward enjoyment, and toward your own growth.

Less stress for you, more initiative from him...

sounds good, doesn't it?

### **Practical Tips for Letting Go of Control:**

Letting go of control is not always easy, especially if you are used to keeping everything in your own hands. But start with small steps.

#### **Delegate without checking up:**

- If you give him a task (e.g., to buy groceries, make a reservation, take the car for service), **don't check on him every five minutes** or send him detailed instructions on how to do it.
- **Instead of:** *"Did you buy everything on the list? Are you sure you got the right brand? You didn't forget anything?"*
- **Try:** *"Great, thank you for taking that on. Let me know if you run into any trouble."*  
And then **step back** and let him do it.

#### **Give him space to decide for himself (When and How):**

- Not everything has to be done immediately and exactly as you envisioned.
- **Instead of:** *"Can you take out the trash right now?"* (in a commanding tone) .
- **Try:** *"Honey, when you have a moment, could you please take out the trash?"* (as a request, giving him flexibility)

## Trust more in his abilities

- Maybe he folds the laundry differently than you or washes the dishes more slowly. Is that really worth criticizing or taking over?
- **Instead of:** *"Oh, just leave it, I'll do it faster and better."*
- **Try:** *"Thank you for taking on [that task], you're really making things easier for me."*

And let him finish in his own way. Appreciate the effort and the intention.

## What to AVOID AT ALL COSTS (phrases that kill initiative):

- *"I told you to do it this way..."*
- *"I knew you wouldn't do it right."*
- *"How could you not see/do that right away?!"*
- *"Do I always have to spell everything out for you?"*
- *"Leave it, I'll do it, you're too slow/clumsy."*

When you stop micromanaging your partner and start consciously giving him space and trust, you will begin to notice incredible changes.

Instead of resistance and frustration, you will get a man who feels more capable, takes responsibility, makes decisions, and who sees you as a woman who believes in him and supports him.

And that, believe me, is very powerful and sexy!

## **CLIENT STORY**

*Grace was always in charge of organizing all the get-togethers and dinners. When Alex said he would take over the barbecue, Grace would constantly be over his shoulder: "Did you season the meat well? Be careful not to burn it! You need more coals!". Alex would feel nervous and like he was constantly being judged.*

*After she learned the "Let Him" principle, she decided to give it a try. For the next barbecue, when Alex said he would take care of it, Grace replied: "Great, honey! I can't wait, your barbecue is the best!". And she went to mingle with the guests. She didn't check on him. The meat might have been a little overcooked in one spot, but everyone enjoyed it, and Alex was beaming with pride. He later told her, "It was so great to barbecue today without any pressure". Since then, he has taken the initiative to cook much more often.*

## **MY PERSONAL EXAMPLE WITH DAMIR**

*Since Damir often traveled for Capoeira, at the beginning of our relationship I had the feeling of being left high and dry when he would be away with his crew for 4 days. I didn't yet understand the dynamic of their trips, which were structured to be constantly in 100th gear. I would be at home waiting for Damir to call or text, and I expected him to do it constantly. The result of my expectation was devastating for me and it led me to be angry with him and very restless because I wasn't happy with him only checking in once or twice a day....*

*We had a lot of arguments at the beginning because it bothered me so much. Damir tried to explain from his side how dynamic such trips are*

*and that he is simply "in the moment" when he is there, and that it doesn't mean he's not thinking of me. After some time and a lot of communication, I decided to let him be. It wasn't easy at first and my brain protested a looot; it craved the drama because it was used to it, but over time it became easier and easier.... The "Let him" approach allowed me to get exactly what I had been asking for and constantly expecting from Damir before. 🎉. He started texting me more often and calling me whenever he could, and he would always find a minute or two just to hear my voice, not to mention how much he couldn't wait to come home and hug me. I'm telling you, it works! 😊.*

Time for quick action! These three moves will help you start practicing the "Let Him" principle immediately.

**Goal:** Immediately start to consciously let go of control and observe how it empowers him (and you!).

### **ACTION STEP**

1. **Delegate at least ONE small task** to him today and then completely step back - without checking up or correcting. Trust him.
2. At the first opportunity where he is doing something in his own, different way (and it's not critical), **refrain** from commenting or taking over. Let him finish.
3. Every day, consciously find at least ONE thing that you would normally do yourself "because it's faster/better," and instead, **let him do it** or ask for his help.

## **BONUS - 35 situations on how to apply the LET HIM principle**

### **Household Chores:**

1. Let him wash the dishes his way - even if he doesn't stack them like you do.
2. If he promised to take out the trash, don't remind him every 5 minutes.
3. Let him clean the apartment as he sees fit - it doesn't have to be perfect.
4. If he's cooking, don't comment on how you would have done it differently.
5. Allow him to choose new furniture or home decor.

### **Planning and Organization:**

1. If he said he'll plan the weekend, don't correct his choice of activities.
2. If he wants to pick a gift for someone, let him - it doesn't have to be your choice.
3. Let him book the restaurant - even if it's not the one you would have chosen.
4. If he's planning a trip, give him the space to decide what you will do.
5. When you ask him what he wants to do for the weekend, don't immediately offer your own options - let him suggest something, and if he doesn't, then you can.

### **His Decisions and Responsibilities:**

1. If he's buying something, don't tell him what's better - trust his choice.
2. If he has taken on a task, let him finish it at his own pace.
3. Let him decide how he wants to spend his free time without pressure.
4. If he wants to solve a problem on his own, don't immediately jump in with solutions.
5. Let him make arrangements with the handyman or repairman - without your instructions from the sidelines.

### **Driving and Navigation:**

1. If he's driving, don't correct him every second (speed, turns, route...)
2. If he takes a wrong turn, don't immediately comment, "I told you so..."
3. If he parks in a way you don't like, let it be.
4. If he can't find location on the GPS, don't immediately grab the phone to show him.
5. He wants to stop for a break while you're traveling? Don't immediately ask, "Why now?"

## **Communication and Relationships:**

1. If he's leading a conversation with someone, don't jump in to correct him.
2. Let him resolve disagreements with his friends or family.
3. Let him choose how to express himself in a given situation.
4. If he doesn't want to talk about a problem right away, give him space.
5. If he didn't text someone back right away, let it go - doesn't have to be at your pace.

## **Finances and Money Decisions:**

1. If he wants to buy something, don't instantly analyze whether it's a smart decision.
2. Let him decide how to spend his share of the money.
3. If he wants to invest or save in his own way, trust him.
4. If you agree on a budget, let him stick to it himself without constant checking.
5. If he wants to pay for dinner, don't fight over the bill - let him feel like a man who contributes to your relationship.

## **Relationship Decision-Making:**

1. If he said he'll take care of something, let him do it at his own pace.
2. If he wants to take the initiative in planning your dates, let him.
3. Let him be the one to suggest things in general.
4. If he suggests a change to your routine, give him a chance to trust him.
5. If he makes a decision about something important, support him instead of second-guessing him.

**Letting go of control** is a gift you give to both him and yourself.

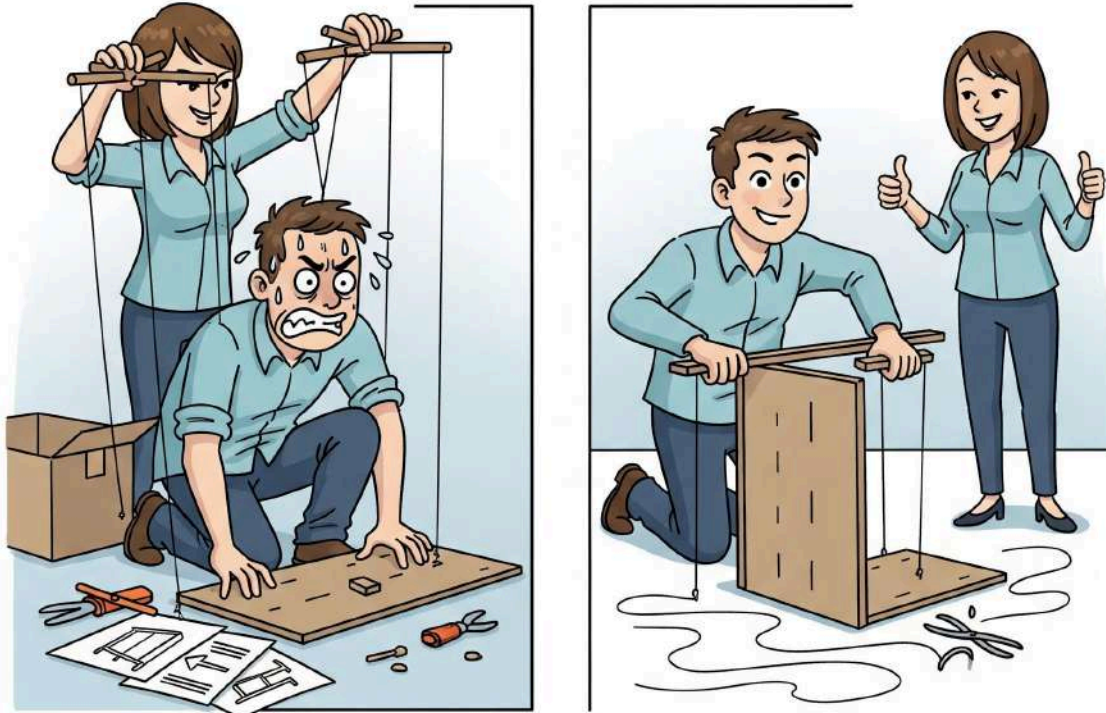
It is the path toward greater trust, less frustration, and a man who feels more capable and eager to be your partner in the truest sense of the word.

My dear, the "Let Him" principle is not a sign of weakness, but a sign of your inner strength and wisdom.

## Seduce Like a Queen

It is the recognition that you don't have to do everything yourself and that the beauty of a partnership lies precisely in allowing the other person to shine.

In the next chapter, we will talk about how to support his passions, even if you don't fully understand them!



# CHAPTER 5:

## SUPPORT HIS PASSION

*"If you love someone, let them be what they are.  
If you try to change them, then you don't love them, but  
the image you have created of them."*

-Osho-

So far, we have unlocked the power of respect, gratitude, praise, and the magic of the "Let Him" principle.

Each of these tools builds bridges of trust and intimacy, helping your man to feel like a hero by your side.

Now we will dive into another, often overlooked, but extremely important aspect of a healthy and happy relationship:

### **supporting his passions, hobbies, and interests.**

You might be wondering:

*"What does his soccer with friends or obsession with video games have to do with our passion?"*

Believe me, it has more to do with it than you think!

When a man feels that the woman he loves truly supports what fulfills and delights him (even if she doesn't fully understand it), it creates a deep emotional connection and gratitude.

In this chapter, you will discover why supporting his individuality is key, how it affects his masculine energy, and how you can be his biggest cheerleader without losing yourself in the process.

## Why His Hobbies Are Important for Your Relationship

Imagine for a moment that every time you pick up a book, your partner asks you:

*"Reading again? Don't you have anything better to do?"*

Or that while you're enthusiastically talking about your new ceramics course, he glances disinterestedly at his phone and mutters:

*"Uh-huh, great... how much is that going to cost this time?"*

How would you feel?

Probably misunderstood, unsupported, and maybe even a little hurt.

You would get the impression that he doesn't value what makes you happy and fulfilled.

Well, your partner feels the same way, or very similarly, when you complain about his interests, hobbies, or the time he spends with friends doing something he loves. Whether it's fishing, hiking, playing the guitar, watching games, or even playing video games.

### **KEY INSIGHT**

A man who feels that his wife supports him in what makes him happy and fulfilled (even if it's not a shared interest) feels accepted, loved, and free.

That freedom and acceptance feed his masculine energy and make him a more devoted and grateful partner.

On the other hand, a man who is constantly nagged, criticized, or restricted because of his interests feels like he's in a cage and unconsciously begins to pull away.

## **My personal example with Damir and Capoeira**

*When Damir and I first started dating, Capoeira - a Brazilian martial art - was his huge passion. That meant frequent training sessions, trips to seminars, and get-togethers with his Capoeira crew that often lasted late into the night. Honestly, I wasn't okay with it at first. I sometimes felt neglected and wondered if it was more important to him than me.*

*But he spoke to me with such passion about Capoeira, about how much it fulfilled him, how much he had learned about himself through it, and about the sense of community he felt there. I realized I had a choice: I could complain and try to limit him (which would likely have led to frustration on both sides and created distance), or I could try to understand and support that important part of him.*

*I chose support. Of course, it required a lot of open communication. I asked questions, I listened, and I tried to understand what it meant to him so much. I didn't have to fall in love with Capoeira myself (although I did go to a few of his events and was glad to see him happy), but I had to accept that it is a part of him that makes him who he is. The result? Damir felt supported and loved, and our relationship grew even stronger because he knew that I respected his individuality. That support then naturally spilled over into his support for my passions.*

### **KEY INSIGHT**

The key to understanding masculine energy is simple:  
a supported man = a connected and happy man.

## **How to Support His Passion (Without Losing Yourself)**

Supporting his passion doesn't mean you have to pretend to be interested in something that doesn't attract you at all, nor that you have to sacrifice your own time and interests.

The key is in **balance, respect, and healthy communication.**

Here are a few ways you can achieve this:

### **Show Sincere Acceptance**

- It's enough to let him know that you understand it's important to him and that you're glad he has something that makes him happy.
- **Example:** *"I don't really get those games of yours, but I can see you really enjoy playing with the guys. I'm glad you have 'stress-relief.'"*

### **Build a Relationship of Freedom, Not Captivity:**

- Allow him to have time for his interests without feeling guilty or hearing your complaints.
- **Example:** Instead of sighing every time he goes to play soccer with his friends and saying, *"You're going again..."*, say: *"Great, have a good time and get a good run in! See you later."*

### **Encourage him to be the best version of himself:**

- His hobbies can be a source of his self-confidence, relaxation, and personal growth. Support that.
- **Example:** If he loves photography, praise his photos, suggest that he exhibits them somewhere, or give him a small gift related to photography.

### **The importance of balance and setting healthy boundaries:**

- This is crucial! Support does not mean that he can neglect you, the family, or your shared responsibilities. It is important to communicate openly about how to align his interests with your life together.
- **Example:** *"I understand that you love hiking every weekend, but I miss our time together. Can we agree that one weekend you go hiking, and the next weekend we spend together, just us?"*
- Your needs are just as important! A healthy relationship involves compromise and respect for the needs of both partners.

### **Weigh whether you can really support him:**

- There are situations when a partner's "hobby" can be destructive (e.g., excessive drinking "with the boys", gambling). In such situations, support does not mean approving of harmful behavior. What is needed then is sincere concern, setting firm boundaries, and seeking solutions, sometimes even professional help.
- Also, if his hobby fundamentally threatens your values or the quality of your life to the extent that you are constantly unhappy (despite conversations and attempts at compromise), it is important to honestly ask yourself if you can live with that in the long run. The point is not to go against yourself to the extent that you lose your own peace.

### CLIENT STORY

*Chloe was often angry with her husband, Liam, because he spent every Saturday morning in his small workshop, repairing old radios. She felt like he was "stealing" their time together. After she decided to change her approach, one day she brought him a coffee in the workshop and said: "I know this means a lot to you. It's fascinating to me how you have the patience for all these wires. How's it going today?". Liam was surprised and enthusiastically began to show her what he was doing. Chloe didn't suddenly become an expert on radios, but she spent half an hour listening to him with genuine interest. That small gesture of support meant more to him than she could have imagined. That Saturday, Liam finished up in the workshop earlier and suggested to Chloe that they go out for lunch. He felt seen and appreciated, so he wanted to please her in return.*

### ACTION STEP

1. Today, **ask him with genuine interest** about one of his hobbies or passions. Listen carefully, and ask a follow-up question.
2. At the first opportunity, when he is leaving to engage in his hobby or talking about it, **say something supportive** like: *"Great, enjoy yourself!"* or *"I'm glad that makes you happy."*
3. This week, **make at least ONE small gesture** that shows you support his interest (e.g., free up some time for him, praise his effort in it).

## **BONUS - 30 communication gestures to feed his heart and ego**

### **VERBAL SUPPORT - HOW TO TELL HIM YOU BELIEVE IN HIM**

1. *"I just love to see how much you enjoy that!"*
2. *"You're really talented at this - more people should see what you do!"*
3. *"I can see how much it means to you when you talk about it."*
4. *"I support you 100%! If it's important to you, it's important to me."*
5. *"I love it when you're so passionate about something - it's so attractive to me!"*
6. *"I'm sure you'll get even better at this, you have incredible potential!"*
7. *"I like how dedicated you are to this - it shows what kind of man you are."*
8. *"I'm proud of you and how hard you're trying!"*
9. *"I'm so glad you have something that fulfills you; it makes you happy."*
10. *"If you need any kind of support, I'm here for you!"*

### **SMALL GESTURES THAT SHOW SUPPORT**

1. Buy him a small gift related to his passion (a book, equipment, a gadget).
2. Make him a playlist with motivational songs for his hobby.
3. Send him an article or video that might inspire him.
4. Buy tickets to an event related to his passion.
5. Buy him a personalized item with a theme from his hobby (a mug, a t-shirt...).
6. Surprise him with a day off or a weekend dedicated to his hobby.
7. If he works out, buy him a protein shake or a healthy snack.
8. Give him time just for his passion - without interruptions or distractions.
9. Offer to help if it's something you can participate in.
10. Make space in the apartment for his activity.

### **SHOW INTEREST WITHOUT SMOTHERING HIM**

1. Ask him questions: *"What was the most interesting part of that for you today?"*
2. Listen to him when he talks about his hobby, even if you're not very interested.
3. Watch a video or documentary with him related to his passion.
4. Go with him to an event related to what he loves.
5. If he plays video games, sit next to him and ask how it works.
6. If he's into sports, ask about his favorite teams.
7. If he likes DIY projects, suggest that you make something together.
8. If he plays an instrument, ask him to play something for you.
9. If he loves adventures, organize a trip that includes something exciting for him.
10. If he loves to read, buy him a favourite book and ask him why he enjoys it.

## **BONUS - WHAT TO AVOID SO YOU DON'T TURN HIM OFF**

1. *"You're doing that again? Don't you have anything better to do?"*
2. *"I don't understand why that's so important to you..."*
3. *"You're just like a little kid with those toys of yours."*
4. *"Are you really spending money on that?"*
5. *"You always choose that over me."*
6. *"When are you going to stop doing that and do something serious?"*
7. *"Do you really think you'll ever be good at that?"*
8. *"I think that's stupid."*
9. *"When are you going to get tired of that?"*
10. *"I'd rather you do something else."*

My dear, I hope you now see how supporting his individuality, his passions, and his interests is, in fact, a powerful tool for building a deeper connection and strengthening your relationship.

When you give him the space to be himself, when you show sincere interest in what drives and delights him, you are sending him a message:

*"I see you. I accept you. You are important to me."*

And a man who feels seen, accepted, and supported by the woman he loves will naturally bond with her even more.

He will want to be a support to you as well, he will try harder for you to spend quality time together, and your connection will become stronger than ever.

Remember, by supporting him, you are actually investing in the quality and durability of your relationship.

When he feels that freedom and acceptance, he will always joyfully return to you, his safe haven and his biggest cheerleader.

### **What will you be doing while he's engaged in his hobbies?**

Nurturing your own interests, passions, and friendships makes you not only a happier and more fulfilled person but also a far more interesting and attractive partner.

Find what makes you happy and fulfilled - that is the best gift you can give to both yourself and your relationship.

Now that we've learned how to help him feel like a hero through respect, how to nourish him with gratitude and praise, how to give him space through the "Let Him" principle, and how to support his individuality, it's time to move on to the most exciting part....

It's time to reignite that primal fire, to awaken the butterflies, and to remember what it's like to be a woman who radiates self-confidence and seductiveness.

Are you ready to dive into the art of seduction and discover how to once again be the woman who invites him to...

adventure...

excitement...

and play?

The woman who first seduces herself, and then him with ease?

Oh yes, I can't wait for us to discover all the secrets of that together!

# CHAPTER 6:

## THE ART OF SEDUCTION

*"The secret of being a bore is to tell everything."*

-Voltaire-

So far, we have gone through the key principles for building deep understanding, respect, and support in your relationship.

You have laid a solid foundation.

And now...

Now it's time for magic!

It's time to awaken that primal, magnetic attraction that brought you together, to reignite the passion and bring a new dose of excitement into your relationship.

We are talking about **the art of seduction**.

But not the superficial kind, like in the movies, but an authentic seduction that comes from your self-confidence, your feminine energy, and a deep connection with yourself.

You might be thinking:

*"Seduction?"*

*But we've been together for years, we have children, responsibilities...*

*Isn't that for the beginning of a relationship?"*

Absolutely NOT!

Seduction is not reserved only for the early days.

## Seduce Like a Queen

It is the spice that keeps a relationship alive, fresh, and exciting through all stages of life.

### **Passion Is Not Destiny, But a Choice (and Action!)**

The first and most important thing you need to understand is:

#### **Passion doesn't just happen on its own.**

It is not something you either have or you don't.

Passion is an energy that you consciously create and bring into your life and your relationship.

#### **It is a choice and an action.**

#### **Why does passion fade without investment?**

It's simple.

Like a fire, if you don't add wood to it, it will go out.

If you stop investing in physical and emotional attraction, if you forget about the small signs of affection, flirting, and touches that awaken desire - passion simply fades under the weight of daily routine, stress, and obligations. The relationship can become lukewarm, monotonous, and boring.

#### **The importance of him feeling that he is still your chosen man:**

Your partner, regardless of how many years you've been together, still wants to feel that he is your chosen one, your attractive man, your "hero".

When you seduce him, you are sending him exactly this message:

*"You are still irresistible to me. I want you."*

And that is an incredibly powerful aphrodisiac for a man.

### **Why is seduction important for the depth and intensity of a relationship?**

Seduction is not just a physical act.

It is a game, a dance of energies, a way to connect on a deeper, more intimate level.

It brings lightness, fun, and excitement.

When you feel that physical and emotional connection that seduction fosters, your relationship becomes more intense, more resilient to challenges, and more filled with joy.

### **Key Guidelines for Everyday Seduction**

You don't need to plan complicated scenarios. Everyday seduction is hidden in small but conscious moves.

**1. Sexy Messages (that tickles the imagination):** Sometimes just one sentence is enough to tickle his imagination and remind him of your attraction.

- *"Thinking of you... and what we did last night. 😊"*
- *"I can't wait to see you tonight... I have a surprise for you."*
- *"Just so you know, you look incredibly attractive in that shirt today."*

**Why it works:** It creates anticipation, reminds him of your physical and emotional connection, and awakens excitement.

## **2. The Power of Unexpected Touch (gentle triggers of desire):**

Touch is one of the most powerful tools of seduction. It doesn't have to be immediately sexual.

- As you walk past him, stroke his back or shoulder.
- While you're talking, lightly touch his hand or knee.
- Unexpectedly pull him to you and kiss him passionately.
- Stroke his hair while you're watching TV.

**Why it works:** Small, unexpected touches create intimacy, melt the ice, and serve as a reminder of physical closeness.

## **3. Flirt Like You're at the Beginning (a game that never gets old):**

Do you remember those glances, smiles, and ambiguous comments from the beginning of your relationship? Bring them back into the game!

- Catch his eye from across the room and wink at him.
- Give him a compliment with a hint of playfulness: *"Hmm, has someone been to the gym today?"*
- Whisper something "naughty" in his ear while you're in company.
- Laugh at his jokes (even the ones you've heard a hundred times, but with new enthusiasm).

**Why it works:** Flirting brings a sense of lightness and fun, and recalls the excitement of the chase.

**4. Planning a "Seduction Evening"** This doesn't have to be complicated, but it does require a little intention. Dedicate time to each other without distractions.

- **Emphasis on atmosphere:** This could mean dim lighting, candles, your favorite music, a delicious dinner (that you might have prepared together), a massage....
- **Example:** *"Darling, Friday night is just for us. Phones away, the kids are asleep (or at their grandma's). I have plans for you..."*.
- **Why it works:** You are showing him that you care about your intimacy and that you are willing to put in the effort to nurture it. He will feel your desire, and the passion will grow.

### KEY INSIGHT

If you don't feel good in your own skin, if you're not connected with your femininity and sexuality, if you are not the one who first feels that spark of passion within yourself - any attempt to seduce him can seem forced, like a desperate attempt, or like you're just "going through the motions".

**The truth is that you must first be that passionate woman.**

Invest time in yourself. Do things that make you feel sexy, vibrant, and desirable.

This could be dancing, a relaxing bath, wearing lingerie you love (even if no one sees it), reading erotic literature, engaging in a hobby that fulfills you....

When you radiate that "juicy," passionate energy, you won't enter the process of seducing him from a place of lack or with high expectations, but from a place of abundance and a desire to share.

And that, my dear, is irresistible! A man will feel that difference.

### **ACTION STEP**

1. Today, do **at least ONE thing** just for yourself that makes you feel feminine, sexy, and connected to your body (e.g. a long bath, dancing to your favorite music, wearing something special).
2. At the first opportunity today or tomorrow, **touch him in a new, unexpected, and gently seductive way** (e.g., a longer kiss, a caress on the neck, a sensual touch of the hand).
3. Surprise him **at least ONCE this week** with a playful, seductive comment, look, or message that awakens passion and anticipation.

Passion in a relationship is not something that comes on its own.

If you want to renew that fire, invest your energy into it.

Don't wait for him to make the first move - you do it!

Seduce him more often; create the energy that will keep you both alert and excited.

Bring that beautiful, juicy, passionate, and sensual feminine energy into your relationship or marriage.

Let your relationship once again be a place of passion, vibrancy, and excitement!

## CLIENT STORY

*Isabella had been married for 15 years and felt that the passion was completely gone. She felt unattractive and believed that her husband no longer saw her as his beloved wife. After learning about the importance of "seducing yourself," she began to set aside time for herself every day - she signed up for a dance class, started paying more attention to her appearance (but for herself, not for him), and allowed herself to feel her femininity again.*

*She noticed that she felt better, more confident. Then she started with small gestures toward her husband - she would send him a provocative message, sometimes greet him in beautiful lingerie, and she would initiate touch. Her husband was surprised, but also delighted. Their intimacy slowly but surely began to return, more intense than before. Isabella realized that the key was that she had first rediscovered her own inner fire.*

## BONUS - 36 small but powerful steps to lasting intimacy

### Small Daily Gestures

1. Look at him seductively and smile for no reason.
2. Walk past him and touch him spontaneously.
3. Put your phones away and talk for 15 minutes, or longer.
4. Tell him something sweet like: "I'm thinking of you."
5. Make him your priority - without distractions.
6. Prepare his favorite drink and bring it to him with a smile.
7. Wear his favorite outfit (the one he loves to see you in).
8. Talk about things he loves, and show real interest.
9. Kiss him unexpectedly at the door.
10. Let every day be an opportunity for physical contact (touch him while you talk).

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## **Seductive Moments**

1. Send him a sexy message: *"I can't wait to see you later."*
2. Surprise him with sexy games or seductive questions.
3. Flirt with him like you did at the beginning of your relationship.
4. Wear your sexiest outfit when you're planning an evening just for the two of you.
5. Make him feel your passion for him through your gazes and gestures.
6. Approach him and whisper something sexy in his ear.
7. Talk about the things you love about him and what attracts you to him.
8. Open up the topic of your sex life - think about new things you could try together.

## **Surprises and Planning**

1. Leave a handwritten note in his pocket or bag.
2. Plan an evening just for the two of you - with a movie, a romantic dinner, or something similar.
3. Make him his favorite dessert or something he loves as a "special gift".
4. Fulfill one of his wishes that he mentioned in the past but never realized (only if you want to as well).

## **Creative Ideas for Awakening Passion**

1. Make a list of things you love to do together and share it.
2. Enjoy a spontaneous kiss or hug in the middle of an everyday activity.
3. Approach him suddenly with intimate compliments.
4. Plan walks and talks under the stars to relax.
5. Fill the house with scents that spark romance.
6. Organize an evening under the stars, without technology, just the two of you.
7. Tell him something like: *"I have never stopped falling in love with you."*
8. Find a mutual hobby or activity that relaxes and connects the two of you.
9. Start writing love letters or messages, as a return to a more romantic way of communicating.

## **Turn Difficult Moments into Opportunities**

1. If he's under stress, you can offer him a massage and relaxation.
2. If he's tired, surprise him with a relaxing dinner.
3. Show him that you respect his space - this increases attraction.

## Seduce Like a Queen

4. Work on sharing more laughter and play in your daily life.
5. When you feel distant, spend an evening without phones, focused on conversation.

### **BONUS: 23 examples of how to awaken passion in yourself**

1. Dedicate a day to yourself, stress-free, enjoying your favorite activities, such as reading, watching movies, or taking a walk in nature.
2. Light scented candles or essential oils (lavender, vanilla, rose) to create a relaxing atmosphere.
3. Dim the lights in the room to create an intimate atmosphere.
4. Play music that is relaxing or sensual, like jazz or acoustic melodies.
5. Enjoy a relaxing bath with essential oils like lavender or jasmine to relax and create a sensual atmosphere.
6. Wear silky, soft materials that add sensuality, such as silk nightgowns or dresses.
7. Take time to massage your own body with scented oils to feel loved and relaxed.
8. Dance in front of the mirror in your own space, free from all worries, to connect your body with your emotions.
9. Try to meditate and consciously connect with your body, listening to its needs and desires.
10. Read books that challenge you intellectually or emotionally, or watch movies that awaken your passions.
11. Think about desires and fantasies with your partner (it doesn't mean they have to come true).
12. Try a dance class like salsa, which can increase your sensuality and energy.
13. Start a sport or activity, like cycling, running, or hiking, to increase your physical strength and vitality.
14. Dedicate 10 minutes a day to deep breathing to calm down and connect with your emotions.
15. Focus on the taste, smell, and texture of food.
16. Take walks in nature, fully focused on the sounds, smells, and feelings that nature provides.
17. Write about your feelings, desires, or fantasies in a journal as a way of self-exploration and creative expression.
18. Apply breathing techniques like deep breathing or diaphragmatic breathing to reduce stress and anxiety.
19. Visit a massage therapist to release tension in your body and mind.
20. Learn to say "no" when necessary, in any aspect of life, as this strengthens your personal power.
21. Dedicate time to thinking about your real desires and needs, without the influence of external factors.
22. Accept your emotions as valid, without trying to suppress or ignore your feelings.

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23. Create goals that reflect your true desires, whether in your career, relationships, or personal happiness.

My dear, the art of seduction is a beautiful dance that brings joy and depth into your relationship.

Remember, it all starts with you - with your decision to reawaken your inner passionate woman.

In the next chapter, we will dive into another key aspect of intimacy - **sexual connection** and how to openly communicate about your desires and needs.



# CHAPTER 7: SEXUAL INTIMACY

*"Intimacy is the capacity to be rather weird with someone"*  
-Alain de Botton-

My dear Queen, welcome to the seventh chapter, where we dive into one of the most sacred and intimate spaces of any partnership - **sexual intimacy**.

After awakening your inner seductress in the previous chapter and learning how to bring play and passion back into everyday life, it is now time to devote ourselves to what many consider the crown jewel of closeness.

Sexual intimacy is not just a physical act;

it is a **deep** expression of love,

Trust,

Vulnerability,

and connection.

It is what distinguishes you and your partner from best friends, roommates, or business partners.

It is a unique language that only the two of you speak.

But what happens when that language falls silent?

When the sexual spark begins to fade, or when the feeling of connection during intimate moments disappears?

## Why is Sexual Intimacy a Necessity, Not a Luxury?

Many couples, especially after years of living together, begin to see sexual intimacy as something that is

*"nice to have"*

but not a necessity.

Responsibilities, fatigue, stress, children - all of these become excuses to push this important aspect of the relationship to the back burner.

But remember, my dear, **sexual intimacy is not a luxury; it is one of the foundations of a healthy and happy relationship.**

- **The difference between partners and roommates:** It is precisely sexual intimacy that makes your relationship a romantic partnership. Without it, you can easily become just two people sharing a living space and responsibilities.
- **How a lack of intimacy weakens a relationship:** When the sexual spark disappears, the relationship begins to weaken. Maybe not overnight, but slowly, through quiet frustrations, unspoken feelings, an accumulation of distance, and a sense of rejection. Partners can feel undesirable, unloved, or as if something is missing.

Now I invite you to pause for a moment and honestly answer for yourself:

Is your sexual intimacy - the way you want it to be? Do you feel connected, desirable, and fulfilled in those moments? Or do you feel that something is missing, that there is silence or dissatisfaction?

Because if it's not the way you want it to be, it's time to reignite that passion!

Of course, in collaboration with your partner, with a lot of love, understanding, and open communication.

### **The Four Pillars of the Importance of Sexual Intimacy**

To better understand why it is important to nurture this aspect of a relationship, let's look at the four key pillars on which the importance of sexual intimacy rests:

1. **It Deepens Emotional Connection:** Sex is not just the connection of bodies; it is the connection of souls. It is an opportunity for you and your partner to feel loved, desired, and connected on the deepest possible level. Hormones released during intimacy, such as oxytocin (the "love hormone"), strengthen feelings of attachment and closeness.
2. **It Creates a Sense of Security and Belonging in the Relationship:** When there is a healthy passion and regular physical intimacy, both partners feel more secure in the relationship. You feel like a team, as if you are one, as if nothing can break you. It is a confirmation of your special bond.
3. **It Reduces Stress and Frustration:** Physical intimacy is a natural remedy for stress. It releases endorphins (the "happiness hormones"), reduces tension, and relaxes the body and mind. Regular intimacy can help you cope more easily with daily challenges.
4. **It Prevents Emotional Distancing:** When one partner feels that the other does not desire them sexually or is avoiding intimacy, it can lead to feelings of rejection, insecurity, and even seeking validation or attention outside the relationship. Of course, sometimes desire will be absent due to fatigue, illness, or other life circumstances, but it is crucial to communicate about it openly to avoid misinterpretations and the buildup of negative feelings.

### KEY INSIGHT

**Ignoring problems in your sex life will not make them disappear.** On the contrary, it will only create a wider gap between you. That gap can become so large that it is later difficult to bridge. That is why it is crucial that you do not neglect this aspect of the relationship, but instead learn how to reignite the passion and ensure that you are both satisfied and fulfilled.

### EXAMPLE FROM MY OWN EXPERIENCE WITH DAMIR

*When we launched Tonkin Svijet, there was truly a lot on our plates. The business, ideas that wake you up in the middle of the night, life happening in between, family who can sometimes hinder more with their fears than help - all of this was part of our daily life and it consumed us to the point that we had no sexual desire. But we knew that this was not the relationship we wanted to build.*

*We sat down and communicated about everything; we talked about what we currently needed most for sex to happen, and we watched a podcast by an expert on sex and passion. We started paying attention to each other every day and slowly bringing that passion back into the relationship, and then after some time, that passion flared up - stronger than ever before. We received the most beautiful blessing possible - a juicy and passionate love affair in which we can't wait to make love because we both made the effort! 🔥*

## Key Guidelines for Awakening Sexual Connection

Awakening a dormant sexual passion requires awareness, gentleness, and, above all, **open and honest communication**.

Here are a few key guidelines:

### If your libido isn't strong - Tell him what you need

- Maybe you need more attention during the day, more tenderness that isn't directly aimed at sex, more foreplay, more conversation, or simply to feel desired and loved before you can even think about physical intimacy.
- **Don't expect him to figure it out on his own** - men are not mind readers!. Tell him clearly, but gently, what helps you feel connected and in the mood.
- **Example:** *"Darling, you know, it means so much to me when you hug me or say something nice to me during the day. That helps me feel closer to you, and then I'm much more relaxed for intimacy in the evening."*

### If something isn't working for you - Don't stay silent, propose a solution!

- Sexual compatibility doesn't just happen on its own - it is built and nurtured through communication. If something doesn't feel comfortable, if you don't like something, or if you want to try something new, it's important to talk to him about it.
- **But even more importantly - propose a solution!** Instead of just: *"I don't like that" or "I don't like it when..."*, try: *"You know, I would much prefer it/find it more exciting if we tried it this way..."* or *"It really excites me when you..."*

## Seduce Like a Queen

- **The tone of communication is KEY!** Never be aggressive, critical, or accusatory. Speak from the "I" perspective, expressing your feelings and desires in a gentle but clear way. It is important that, as a mature woman, you communicate your needs and fantasies openly and without shame.

### **Don't let the problem grow in silence (Initiate the conversation):**

- If you feel there is a problem, if intimacy has become infrequent, if there is dissatisfaction - don't sweep it under the rug hoping it will go away on its own. It won't.
- Men often don't know how to interpret a woman's sexual distance - and they start guessing. He might think you're no longer attracted to him. He might suspect you're hiding something. He might feel undesirable, and that's why he stops trying.
- Instead of making him guess (or you guessing), be proactive. Initiate an open and honest conversation about your intimate life. Create a safe space where you can both express your feelings, needs, and fears without judgment.

### **Important Note:**

If there are deeper, unresolved problems in your relationship (such as a lack of respect, constant arguments, distrust), it is important to first work on those foundations.

The desire for intimacy is like the cherry on top of a cake - if the cake (your relationship) is bitter or tasteless, not even the sweetest cherry will fix it.

When other important things in the relationship are fixed, the desire for intimacy often returns naturally or is easier to reawaken.

## How to Start with the Change?

1. **Become aware of where you currently are:** Think honestly about your sex life. What is good?. What are you missing?. What do you fantasize about?.
2. **Take the initiative (in small steps):** Don't wait for things to resolve on their own or for him to make the first move (especially if there have already been rejections). You start, but gently. It could be a longer kiss, a more sensual touch, or an open conversation about your desires.
3. **Reminder:** "Intimacy happens long before the bedroom". Everything we've talked about in the previous chapters - respect, gratitude, praise, support, flirting, seduction - all of these are foreplay for a deeper intimacy. Intimacy is built through small, daily moments of connection, tenderness, and attention.



### CLIENT STORY

*Emily and Jacob had been married for years, and their sex life had become a routine, almost an obligation. Emily longed for more passion and connection but was afraid to bring up the topic. Finally, she gathered her courage. One evening, after the children had fallen asleep, she gently said to Jacob: "Love, can we talk for a minute? Lately, I feel like we're missing the closeness we used to have... I miss you. I would love for us to reignite the passion between us."*

*Jacob was surprised, but also touched by her honesty. He admitted that he had been feeling similarly but didn't know how to initiate the conversation. That conversation was a turning point. They began to communicate more openly about their desires, fears, and fantasies. They started going on dates again, touching each other more throughout the day, and sending each other playful messages. Their sexual intimacy didn't change overnight, but slowly, through effort and communication from both sides, it once again became a source of joy and deep connection.*

My dear, nurturing sexual intimacy is a continuous process, a journey that requires love, patience, courage, and openness from both sides.

But the reward - a deep, passionate connection with the man you love is priceless.

Now that we have explored how to reignite the fire in the bedroom, it is time to address another key aspect that can either build or destroy your relationship from the ground up.

That is the way we react to his daily attempts and actions.

Are you ready to discover how to recognize his effort, even when it's not perfect, and how to replace criticism with support that motivates him to try even harder for you?

### **BONUS: How to Start a Conversation About Sexual Needs (Specific Phrases and Tips)**

Talking about sex can be uncomfortable, but it is crucial.

Here are a few tips and phrases:

- **Choose the Right Time and Place:** Don't start the conversation when you are tired, stressed, or in the middle of an argument. Choose a quiet moment when you are both relaxed.
- **Use "I" Messages:** Focus on your feelings and needs, not on blaming.
  - **Instead of:** *"You never touch me!"*.
  - **Try:** *"I've been feeling a bit lonely lately, and I really miss your touch and our closeness"*.
- **Be Gentle, But Clear:**
  - *"I would love it if we could talk more openly about our sex life. There are some things I fantasize about / would like to try / that would mean a lot to me..."*.
  - *"I would appreciate it if we could find more time for intimacy, because it helps me feel more deeply connected to you"*.
- **Ask Open-Ended Questions:**
  - *"Is there anything you would like to be different in our intimate life?"*.
  - *"How do you feel about our sexual connection?"*.
- **Create a Safe Space:** Emphasize that you want to talk without judgment, with the goal of both of you feeling better and more connected.

# CHAPTER 8:

## RECOGNIZE THE EFFORT

*"People will forget what you said, people will forget what you did, but people will never forget how you made them feel."*

-Maya Angelou-

After exploring the power of seduction and the importance of open communication about sexual intimacy, it is time to return to daily interactions and learn how the words we choose can either build bridges of love or dig pits of misunderstanding.

Imagine this:

your partner wants to help you, he's doing his best to do something, maybe not perfectly, but with the best of intentions.

And instead of a smile or gratitude, he receives criticism.

How would you feel in his place?

Motivated to try even harder next time?

Or discouraged, with the thought *"why even bother trying"*?

We all long to feel that the person we love sees us, appreciates us, and acknowledges our effort.

Men react particularly strongly to acknowledgement for their effort, and criticism, especially when aimed at small things or imperfections, can act like a cold shower on their desire to contribute and be our heroes.

In this chapter, you will discover how to replace the habit of criticizing with a conscious appreciation of effort, how this affects his

motivation, and how this shift in perspective can bring incredible ease and warmth into your relationship.

### **The Perfectionism Trap: How Criticism Kills Motivation**

Many women (often unconsciously and with the best intention for things to be "done right") fall into the perfectionism trap.

We expect things to be done in a certain way, according to our standards. And when they aren't, the first reaction is - criticism.

- *"Couldn't you have stacked this a bit more neatly?"*
- *"You forgot to buy milk again, even though I told you three times."*
- *"This color you chose for the wall is awful."*

How does a man feel when he is criticized instead of appreciated?. When his attempt, his intention to help or contribute, is met with criticism, he feels:

- **Incompetent:** *"Obviously I'm not good/smart/skilled enough."*
- **Disrespected:** *"She doesn't appreciate my effort, she only sees mistakes."*
- **Demotivated:** *"Why should I bother if it's never good enough?"*
- **Frustrated and angry:** Especially if he considers the criticism to be unjustified or exaggerated.

### **Long-term consequences of focusing on imperfection:**

If you too often focus on what isn't done "your way," you are sending him a message that his effort is simply not good enough. In the long run, this can lead to him:

- Completely withdrawing and ceasing to try to do anything, because he knows he will never satisfy you anyway.
- Becoming passive-aggressive or cynical.
- Starting to avoid situations in which he could be criticized.

- Distancing himself emotionally, because next to you he doesn't feel appreciated, but constantly criticized.

### **KEY INSIGHT**

**Criticism, especially when it is constant and aimed at small things, acts like acid on a man's soul.** It corrodes his self-confidence, kills his initiative, and slowly but surely, extinguishes his desire to make an effort for you and your relationship.

### **Why Is It Important to See the Effort, and Not Just the Perfect Result?**

No one is perfect.

Not you, not him.

Expecting perfection at every moment and in every task is unrealistic and exhausting for both of you.

The key to a happier and more connected relationship lies in shifting the focus from the ideal result to the effort and intention invested.

### **Consequences of criticizing small things:**

When you criticize minor things (e.g., how he folded the towels, which toothpaste he bought), he doesn't just hear the criticism for that specific thing.

He hears:

*"You are not good enough. You can't even do this simple thing right."*

This accumulates and creates a feeling of general dissatisfaction.

### **How praise for effort motivates:**

On the other hand, when you praise his effort, even if the result wasn't exactly what you imagined, you are sending him a message:

*"I see that you made an effort."*

*"I appreciate your intention."*

*"You are important to me."*

This motivates him to try even harder next time, not out of fear of criticism, but out of a desire to make you happy and to feel good about his contribution.

Passion, love, and connection grow when both partners feel appreciated - and they disappear when they feel constantly judged and criticized.

Today is the day you can consciously break the cycle of criticism and replace it with a cycle of support and appreciation.

### **Guidelines for Shifting Focus from Criticism to Support**

Changing the habit of criticizing requires awareness and practice. Here are a few key guidelines:

#### **Notice the Effort, Not Just the Result:**

Before you open your mouth to criticize something, pause for a moment and ask yourself:

*"Did he make an effort?"*

*"Did he have a good intention?"*

If the answer is "yes" (and it most often is), try to find a way to acknowledge that, even if there is room for improvement.

## Seduce Like a Queen

- **Example:** He washed the car, but a few spots remain. Instead of: *"Can't you see these spots?"*, try: *"Thank you so much for washing the car, it looks great! Maybe this spot here needs another wipe?"*

### **Choose Your Battles Wisely (is it really worth it?):**

- Not all "mistakes" or imperfections are worth mentioning or criticizing. Is it really so important if he left his socks next to the bed or how exactly he chopped the vegetables for the salad?. Focus on what truly diminishes the quality of your life or relationship, and try to let the little things go. Less criticism means more peace for both of you.

### **Tell him what you like, instead of what bothers you:**

- This is the golden rule! People respond better to positive reinforcement.
- **Example:** Instead of: *"You shouldn't have even bothered washing the dishes if you're just going to stack them so messily!"*
- **Try:** *"Thank you so much for washing the dishes, it meant so much that I didn't have to think about it tonight!"*.  
(Later, if necessary, you can nicely show him how you like them stacked, but first, acknowledge the effort.) .

### **Guide him with praise, not just correction:**

- When he does something well or in a way that you like, **praise him generously!** This gives him a clear signal of what you appreciate and what you want to see more of.
- **Example:** Instead of: *"You always forget something when you go shopping!"* (when he forgets).
- **Try** (when he remembers something important): *"Bravo, love! I love that you're making an effort and that you remembered to buy the thing I love/need! You're great!"*

### CLIENT STORY

*Ava had high standards for cleanliness and order in the house. Her husband, Liam, tried to help, but Ava would always find something to complain about - he hadn't vacuumed well enough, he hadn't wiped the dust from all the shelves, he hadn't arranged the pillows correctly. Liam felt like he was walking on eggshells and participated less and less in household chores.*

*In working with Ava, she became aware of how much her criticism was harming their relationship. She decided to consciously change her approach. The next time Liam vacuumed the living room, instead of looking for flaws, Ava approached him, hugged him, and said: "Thank you so much for vacuuming, it looks and smells so nice! You've helped me a lot.". Liam was visibly surprised and pleased. The next few times, Ava continued to praise his effort. She noticed that Liam was not only helping more often, but he was also smiling more and was generally in a better mood. Their home became a calmer and happier place, not because everything was perfectly clean according to Ava's standards, but because the atmosphere was filled with appreciation instead of criticism.*

## **ACTION STEP**

1. Today, find **at least ONE situation** where he made an effort on something and sincerely praise his effort and intention, even if the result isn't perfect.
2. At the first urge to criticize something small, **stop**. Hold back the criticism and instead find something else positive to say or simply let it go.
3. Every day, consciously **tell him at least ONE thing you like** about him or that he did well. Focus on the positive!

## **BONUS - 27 sentences to replace criticism**

### **CATEGORY 1: Criticism of behavior and actions**

1. "I know you have a lot on your mind, can we make a list together?"
2. "I appreciate you taking care of that right now!"
3. "Thank you for trying to understand, let's see how we can improve our communication."
4. "It's okay, next time we can make a list together if you want?"
5. "Can you help me so we can tidy up the apartment together, it would really mean a lot to me?"
6. "I love it when we both contribute to organizing, let's make a plan together."
7. "I appreciate your efforts, let's coordinate better in the future, it would mean a lot to me"
8. "It would really mean a lot to me if you remembered to return the books, it would save me a lot of time."
9. "I see you tried, it's okay to make a mistake sometimes."
10. "I see you made an effort, thank you, maybe next time we could try this approach and see what works better."

## **CATEGORY 2: Criticism of personality or behavior**

1. "I know your whole focus is on work today, let's go over our tasks to make sure we get everything done."
2. "Honey, I've noticed you've been running late more often recently when we make plans, like for the movies tonight. When that happens, I feel a little frustrated and like our time isn't as important. I know unforeseen things must be happening, but can we try to find a way to coordinate our time better together, maybe by you leaving a little earlier or letting me know if you see you're going to be late?"
3. "Love, I'd like to talk about something that happens during our conversations. Sometimes, while I'm telling you something important to me, I feel like you interrupt me before I finish my thought. I know you're probably excited to share your opinion, but then I feel like you haven't fully heard me. I would really appreciate it if we could both be mindful of giving each other space to say everything completely."
4. "Darling, I can feel your tension, if you'd like, maybe we could find a way to relax together, or for you to relax a bit on your own, what do you think about that?"
5. "I understand you're frustrated, I'll let you calm down, I'm here if you need me."
6. "When you say I'm too sensitive and creating drama, I feel misunderstood and like my feelings aren't important. I know I sometimes experience things more intensely. Can you please help me understand how my reactions affect you, so I can try to find a way to express my feelings that is less burdensome for you? I would love for you to understand me."
7. "Darling/love, can we talk about chores for a moment? Lately, I feel like most of the responsibilities around [e.g., cooking and cleaning the kitchen] are on me, and it makes me quite tired and sometimes overwhelmed. I would love for us to come up with a slightly better schedule or a way to divide these tasks so that we both feel better in our home."
8. "I understand that your time for yourself means a lot to you, but I often feel neglected. I would love for us to find a balance where we can both enjoy our hobbies without neglecting ourselves as a couple."

### **CATEGORY 3: Activating his initiative and responsibility (without criticism)**

*Show him you believe in his ability to lead, make decisions, and take responsibility - without attacks, but through trust and inspiration.*

1. "I know I can count on you - when you handle it, I feel secure."
2. "I know you're a man of action - if you take this on, I'll feel supported."
3. "I love it when you're on time - it shows me how much you care. You're so attractive to me when you take care of these things, I'd be very grateful if it happened more often. Thank you"
4. "I love it when you take the initiative - it makes me feel even more like a woman next to you."
5. "I know you can do it all yourself, I feel your strength then and it really excites me."
6. "I know you like to work at your own pace - but when you're on top of things, you seem so powerful and decisive, and it's less stressful for me too."
7. "I know you can do this better than me - that's why I'm leaving it to you, because I believe in you."
8. "When you're focused, you're so inspiring - I would love to see that from you again."
9. "I know you need a rest - but I love it when you're in 'man mode' and take things into your own hands. That really turns me on."

By mastering the art of appreciation instead of criticism, you will not only strengthen his masculine energy and motivation, but you will also create a much calmer and happier environment for yourself.

It is a skill that is learned and practiced, but it bears **priceless** fruit.

Now that we have gone through all the key tools for reawakening his masculine energy, understanding, respect, gratitude, letting go of control, supporting his passions, seduction, intimacy, and appreciation, it is time to connect it all into one whole.

Are you ready to learn how to **integrate** all these elements into your daily life in a way that is sustainable and brings lasting transformation?

How can this Action Plan become a part of your everyday life?

# CHAPTER 9: STEP BY STEP TO A JUICY RELATIONSHIP

*"A journey of a thousand miles begins with a single step."*

-Lao Tzu-

Together, we have journeyed through the depths of male psychology, discovered the power of respect, gratitude, praise, letting go of control, supporting his passions, the art of seduction, the importance of sexual intimacy, and the transformation of criticism into appreciation.

## **What a journey, right?**

You now hold in your hands a treasury of knowledge and tools that have the power to completely transform your relationship.

But, as with any treasure, the real riches only come when you begin to use it wisely and consistently.

This chapter is dedicated to just that - the integration of everything you have learned.

How to make all these principles and exercises a natural part of your daily life, your new way of being in a relationship, which will lead you to that juicy, passionate, and deeply connected relationship or marriage you deserve.

## Summary of the Key Steps of Transformation

Before we move on, let's briefly recall the key elements you have adopted:

- **Understanding His Code:** You have understood why men pull away and what the "passion killers" to avoid are.
- **The Power of Respect:** You have learned how to make him feel like your hero again.
- **The Art of Gratitude and Praise:** You have discovered the fuel that drives him toward you.
- **The "Let Him" Principle:** You have realized the magic of letting go of control and allowing him to take the initiative.
- **Support for His Passions:** You have seen how supporting his individuality strengthens your bond.
- **The Art of Seduction:** You have awakened your inner seductress and learned how to seduce him.
- **Sexual Intimacy:** You have understood the importance of open communication and nurturing physical closeness.
- **From Criticism to Appreciation:** You have learned how words can build instead of tear down.

All these elements together form the mosaic of a healthy, happy, and passionate relationship.

However, there is one extremely important thing you must understand before you try to apply everything at once....

## **The Most Important Rule: Change Doesn't Happen Overnight (AND DON'T START WITH EVERYTHING AT ONCE!)**

Imagine that the fire in your relationship is slowly smoldering, but it has been neglected, perhaps even stifled.

If you suddenly throw a huge pile of wood onto that smoldering fire, what will happen?

You will probably suffocate it.

A fire needs oxygen and the gradual addition of smaller logs to reignite into a strong, warm flame.

### **KEY INSIGHT**

If you try to change ALL aspects of your behavior and your dynamic AT ONCE, it is very likely that a few things will happen:

- **You will quickly get tired and frustrated:** You will expect fast, perfect results that might not come immediately, which can discourage you.
- **He will be confused and overwhelmed:** If you suddenly start behaving completely differently in all segments, it might seem insincere, strange, or even suspicious to him. It could happen that, instead of getting closer, he withdraws even more because he doesn't understand what is happening.
- **The changes won't be sustainable:** It's difficult to maintain ten new habits at once. It is much easier to adopt them one by one.

That's why the key strategy for lasting transformation is always - **STEP BY STEP.** Gentle, conscious, and consistent.

## "Step by Step" Strategy: A Plan for Sustainable Change

### Where to Start? (Choose One Segment):

- Go back through the chapters. Which segment from this program **stood out** to you the most? Where do you feel the "biggest problem" is, or where do you think a small change could have the greatest effect? Maybe it's consciously showing gratitude.
- Maybe it's letting go of control in a specific situation. Maybe it's supporting his hobby. Maybe it's reintroducing flirting.
- **Choose ONLY ONE segment** to start working on for the next week or two. I know it can be tempting to try everything, especially if you feel that "everything" is needed, but believe me - one step at a time is the path to success.

### How to Continue? (Adding a Second Segment):

- When you feel that the first chosen segment has become a more natural part of your daily life, that it no longer feels like an effort but that you are doing it with ease - **only then add a second segment.**
- Which one will it be? Again, the one that seems most relevant or easiest to implement at that moment.
- **Small, everyday things** that become habits are the ones that bring the biggest and most lasting changes.

### What to Avoid (Traps Along the Way):

- **Don't expect an instant, movie-like reaction** - neither from yourself nor from him. If you have criticized him a lot up to now, and you suddenly start praising him constantly, he might be confused or even suspicious at first. That's normal. Give him time to get used to the "new you."

- **Don't give up after the first "failure."** There will be days when you revert to old patterns. Don't judge yourself. Just notice it, forgive yourself, and try again tomorrow.
- **Always act from a gentle, authentic feminine energy.** If your attempts at change come from frustration, anger, or with the intention to "re-educate" him, he will sense it, and resistance will likely arise. Do it out of love for yourself and the desire for a more beautiful relationship.

### **Communication - The Eternal Key to Your Relationship**

Regardless of all the tools and techniques you apply from this book, remember that open, honest, and respectful communication with your partner is the most important part of your relationship.

- **If you want to change something in your dynamic, talk to him about it.** You don't have to give him lectures on male psychology, but you can express your feelings and needs (*"I would love to feel more connected to you..."*).
- **If something is bothering you, tell him - but with love, not through nagging or accusations.** Use "I" messages (*"I feel sad/neglected when..."*).
- **If you want more closeness, attention, or help - let him know.** Don't expect him to "figure it out on his own" or to "read your mind."

### CLIENT STORY

*Maria was angry because her husband, John, never noticed when she was stressed or when she needed help with the children. She would accumulate frustration internally, and then she would explode. John would be confused and would say, "Well, why didn't you tell me?"*

*After she understood the importance of direct communication, the next time she felt overwhelmed, she calmly said to John: "Darling, I had a very hard day today and I'm feeling exhausted. It would mean a lot to me if you could take over bathing the kids and putting them to bed tonight, so I can rest a little.". John, to her surprise, readily agreed. He wasn't angry; he didn't complain. He simply hadn't been "reading her mind" before.*

### **A man is not a mind reader.**

But when you show him clearly, with love and respect, what you need, what you feel, and what you want, you will be surprised how often he will be willing to meet you halfway.

And if he is not, then that is a topic for a deeper conversation about your relationship and his willingness to invest in it.

## **YOUR FINAL TASK (and the Beginning of a New Path)**

Now that you are at the end of this Playbook, your real work is just beginning. But don't worry, this is a journey that brings the most beautiful rewards.

1. **Choose ONE segment** from this book that you will consciously start working on today or tomorrow.
2. **Every day, do something small** in that direction - one compliment, one gentle touch, one moment of consciously letting go of control, one honest conversation....
3. Do it **without high expectations** of his immediate reaction. Focus on **giving love and bringing in positive energy**, not on "getting" something out of him.
4. After a week or two, when that first step becomes easier, **add a second segment**. Continue to build, step by step.
5. **DON'T FORGET YOURSELF!** In order to be able to give love, attention, and positive energy, your own "source" must be full. Every day, set aside time for yourself, for things that make you happy and recharge your batteries. Take yourself on a date. Dance. Read. Meditate. There is nothing more attractive to a man than a woman who is happy, fulfilled, and satisfied with her life, independent of him.

## **The Greatest Secrets of Success (Your Reminder for the Journey)**

Finally, I want to remind you of the three greatest secrets to success in transforming your love life:

### **CONSISTENCY:**

Small things, repeated often, create the biggest and most lasting change. Intensity is not as important as persistence.

### **PATIENCE:**

Don't expect years of old habits to change overnight. Be patient and gentle with yourself and with him. Give yourselves time.

### **AN OPEN HEART:**

Give love, not because you expect something in return, but because you want to build a more beautiful and fulfilling relationship. Love given from an open heart always finds a way.

And remember - **the strength of your relationship is not in grand, rare gestures, but in the countless everyday little things** that show love, respect, attention, and appreciation.

You have the power to consciously choose those little things every day.

My dear, this has been a long, but I hope an inspiring journey through this Playbook.

I hope you now feel empowered, equipped with knowledge, and motivated to start creating the relationship you truly deserve.

You are not alone on this path.

## Seduce Like a Queen

Return to this book whenever you feel the need for a reminder or a new dose of inspiration.

Apply what you've learned, step by step, and watch as your love life transforms before your very eyes.

Now is the time to take all these tools and start creating your own **juicy, passionate, and deeply connected** relationship.

Because you can do it.

You deserve it.

You are a Queen.

In the final, concluding chapter, I will leave you with a few final thoughts and words of encouragement for your new beginning.



# **A NEW BEGINNING YOU ARE THE CREATOR OF YOUR LOVE STORY**

*"Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."*

*-Rumi-*

Congratulations from the bottom of my heart!

You have reached the end of the "Seduce Like a Queen: 4-Step C.A.R.E. Playbook".

You have gone through important realizations, adopted new tools, and, I hope, felt a new wave of hope and motivation.

Now is the time to apply all this knowledge and these step-by-step systems in your life and create that juicy, passionate, and deeply connected relationship you truly deserve.

I can't wait to hear (and see!) what wonderful changes this approach will bring to you and your partner.

### What could your average day in the relationship look like now?

- First, you wake up with a feeling of **inner peace and self-confidence**, knowing that you hold the keys to your own happiness and the quality of your relationship.
- Then, as you sip your first morning coffee, instead of worrying about what he is or isn't doing, you consciously choose to **focus on yourself** and on positive thoughts.
- Throughout the day, you apply the **steps** with ease - you notice small events, draw lessons from them, and react in a way that builds closeness, not conflict.
- You no longer **waste energy** on endless analyses of "what he was thinking" or on attempts to control him.
- You don't worry about whether your **gentle invitations for connection** will be accepted, because you know that each one sows a seed of love.

Because now you have a simple yet powerful system for creating positive interactions, for understanding his masculine energy, and for expressing your authentic feminine strength in a way that he loves, respects, and passionately responds to.

Every day becomes an opportunity for you to **consciously create small moments of magic**.

The rest of your time?

It's yours!

Maybe it's time for your hobbies, reading, hanging out with friends, playing with the children....

Maybe it's exploring new places with your partner, now in an atmosphere of renewed closeness and understanding....

## Seduce Like a Queen



Or working on other creative projects that fulfill you and make you an even more satisfied woman.

Meanwhile, the **love and passion** in your relationship are growing....

New compliments are arriving....

His attention is increasingly focused on you....

And you feel loved, appreciated, and desired.

It might sound like a dream, but this future is much closer than you think.

In fact, by reading this book, you have already begun to create the image of that life in your mind.

It is clear that you are **serious about your intention to create a spectacular love life...**

because you wouldn't have bought this book and reached the very end if you weren't.

**From here, you have two options:**

### **OPTION 1: Take Everything You've Learned and Apply It Yourself**

You have a detailed Playbook, step-by-step exercises, and all the key insights.

The first option is to take everything you've learned from these pages and bravely start applying it on your own.

I would certainly love for you to do that, rather than doing NOTHING (which, unfortunately, is what most people do after reading self-help books, just as I made the same mistakes 8 years ago).

But, let's be realistic, on that path of independent application, you will probably make a few mistakes, encounter obstacles, or need a bit more time for everything to "click" into place.

#### **This option is best for you if:**

- ✔ You are still in the "exploration" phase and want to test the principles on your own first.
- ✔ You like to work at your own pace and learn from your own trial and error.
- ✔ Your time is currently your most abundant resource, and your budget for additional support is limited.

Which brings me to...

## Seduce Like a Queen

**OPTION 2:** Join Me in the "**Awaken the Queen Within - VIP Coaching**" Program and Together We Will Implement the Entire System into Your Life and Relationship.

The second option is to work directly with me.

You will enjoy the peace, clarity, and security that come when you have support and guidance on the shortest and most direct path to your goal.

Because I will show you exactly what you need to do and how, tailored to your unique situation.


You won't have to worry about wasting time on wrong steps or asking yourself, "*what if I'm not doing this right?*".


**Together, we will adapt this entire system to your personality, your relationship, and your specific challenges...**


so that you can transform your love life into a source of daily joy, passion, and deep connection...

...without guessing what he's thinking, **without exhausting yourself by following ineffective advice that leaves you frustrated**, and without chasing after a partner who doesn't appreciate you.

Here's how we can achieve this together through "**Awaken the Queen Within - VIP Coaching**":

 **PHASE 1: Deep Understanding and Healing** Together, we will discover and heal your inner blockages, old patterns, and beliefs that sabotage you in love. We will create a solid foundation of self-confidence and self-love.

 **PHASE 2: Master Feminine Energy and Male Psychology** You will learn how to masterfully use your authentic feminine energy to attract and keep him, and how to apply the key principles of male psychology to create harmony and passion.

 **PHASE 3: Launching the Action Plan and Creating Lasting Love** We will go through all the tools from this book (and much more!) with personalized guidance, ensuring that you apply them correctly and get real, visible results in your relationship.

This option is best for you if:

- You already have a basic understanding of the principles, but you want faster and more reliable results with expert support.
- You are ready to invest in yourself and your love life in order to save time and avoid the frustrations of the independent path.
- You want a personalized approach and to work directly with me to ensure your success.

**Are you interested and want to learn more?**

Here's what you should do next:

Send an email to **antonia@tonkinsvijet.com** with the subject line:

**"I WANT TO AWAKEN THE QUEEN"**

I know that most people here would try to schedule a "free consultation" or a sales call...

But I don't do it that way. I am, first and foremost, a woman who wants to help other women, not an aggressive salesperson.

So, the only way to explore the possibility of working directly with me is to send me an email.

Strange?

Maybe...

But I believe in honest and direct communication. 😊

In any case, when you send me an email, I will reply with a few questions so we can see together if my program is truly the best next step for you....

Then I will send you all the details about the program and how you can get involved.

If I assess that working directly is not the best option for you at this moment, I will honestly tell you so, and perhaps suggest another resource.

That's it.

## Seduce Like a Queen

Whatever you decide, I wish you all the happiness, love, and passion on your journey.

Thank you for letting me be a part of your journey through this book.

A handwritten signature in black ink, reading "A. Kuzanovic". The signature is written in a cursive, flowing style with a long horizontal line underneath.

With love,

Tonka ❤️

