

A man in a white t-shirt and jeans is shown from the waist up, holding a bouquet of daisies. The background is a soft-focus outdoor setting with sunlight. The text is overlaid on the right side of the image.

When You
Love
Your
Woman

129 one-minute lessons
to win a woman's heart



Christian Pedersen

Foreword by Sonika Tinker, MSW

When You Love Your Woman ...

Christian Pedersen

Foreword by Sonika Tinker, MSW

This Book Is Dedicated To...

All of you amazing women who didn't get loved with full presence, loving attention, and undying devotion. By me or any other man. You deserve better. Much better! You should be loved, adored, held, and protected by men of integrity, power, and open hearts!

And most of all, to the Love of my life, my Sonika. You showed me just how glorious it is to be a man loved by a fully expressed, mature woman. With you, I finally got what it means to be a "real man" and I am forever grateful. You teach me with endless patience and humor how to truly love a woman as powerful and awe-inspiring as you. I owe you everything. I am all yours!

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Foreword

by Sonika Tinker, MSW, Founder of LoveWorks

I have never been loved before like Christian loves me.

And I have never loved anyone like I love Christian.

Why? He is present with me. He brings ALL of himself to me. He is attentive and caring. He stops during the day to look in my eyes and softly touch my cheek. He compliments me and tells me I am beautiful and notices when I change my hair or wear a new outfit. He tells me how special I am to him in a hundred little ways: picking me a small flower, making a special dinner, mowing the lawn, gathering firewood, including me in a conversation. He listens to me when I share my thoughts or feelings without defensiveness or trying to fix me. In lovemaking, he makes sure I feel satisfied and pleased. I feel held, adored, appreciated, desired, and safe. I know my concerns matter to him, that he wants nothing more than to make me happy, and that he would die for me.

In return, I want to give him the world. He is beautiful to me and I tell him what a gorgeous hunk he is whenever I am delighted by his body and appearance. I enjoy his efforts to give to me, to give to our children, and go out of my way to tell him how much I appreciate what he brings and does. I shower him with presents on his birthday and brag about what a great man he is to anyone who will listen. I say yes to his sexual advances

nearly every time because I want to give myself to him – want to open myself to him, and there is no place we will not go together in our deep sweet lovemaking. I share everything of myself with him and can feel the place in me that would hurt and die for his love as well. You see, in return for the safety, love and trust that courses through my body in the haven of his soulful presence and love, I want to give him ALL of the BEST of myself!

Think of it this way. If I feel sure and safe that you will be there to catch me if I fall, I will gladly and blindly hurl myself through space into your arms. If I am not sure of your presence and love, I will be guarded, tentative, critical, dissatisfied and I may not let myself fall (in love) into you at all.

This great book aims to show you men how to energetically hold your woman, to love her and be with her such that she WANTS to surrender all of her heart, body and soul to you. You will not only get to bask in the magnificence of her love, but you will get to experience the depth and breadth of your power, goodness and competence as a man.

Oh, and the best part? You have the possibility of experiencing the divine ecstatic experience of transcendental LOVE itself – the kind of love that is spoken of by many spiritual traditions and secretly yearned for by all of us when we join in love with another.

Believe me. Christian and I are not unique or special. We have simply learned the art of loving each other as man and woman.

This sweet deep love is available to you too if you dare take the risk to stand in full presence and learn the art of loving a woman.

I am thrilled that Christian has written this book for you. I have told him for years, “You have to teach men what you do! You have to show them how to love a woman!”

Here it is.

Enjoy it.

Use it.

May it bring you closer to Love!

Sonika Tinker, MSW Meadow Vista, California 2014

Introduction

Nothing breaks my heart like seeing a good man work hard to love his woman – and fail.

When your woman loves you, life is good! You feel free to be yourself, sex is great and plenty, there's a sweet and harmonious mood in the house, you have fun together, and you enjoy each other's company. You feel alive! Conflicts and hardships are easier to move through. Life feels easy and sweet.

What you may not know is that in order to have this experience of easy connection, you have to love her in the proper manner! There is a certain something a woman NEEDS in order to feel safe to completely open and surrender her heart and body to you.

It is unfortunately not sufficient that YOU know you love her. It's not even sufficient if you tell her all the time.

Your lazy mind will yearn for that point in time where you have finally, once and for all, convinced her of your faithful love, and you can coast! That time will never arrive. You have to love her in a way that she will feel it to the core of her being, every day, or all your loving efforts will prove pointless

There is a saying

***To prove his love for her,
he climbed the highest mountain,
swam the deepest ocean and
crossed the widest desert.
But she left him – he was never home.***

Sadly, this encapsulates most men's efforts at working hard in all the wrong places and missing what matters most to women.

My wife and I teach love and relationship to couples and singles, and in that capacity we get to see "behind the scenes" of hundreds and hundreds of relationships.

It breaks my heart to see yet another frustrated and baffled man trying his damndest to make his woman happy, working his butt off and still ending up with a woman who – to him – seems ungrateful, impossible to please, nagging, critical or downright nasty.

Don't despair! The woman who is currently nagging at you is the same woman you fell in love with - the very same woman whose love you (secretly) would die for, the woman you long to satisfy, please and merge with in lovemaking, the woman you desperately want to make happy and protect with purpose and passion.

When her nagging and criticism is aimed in your direction, you can't wait for it to end. You feel as if you are under attack and she's out to get you. In actuality, her outbursts are nothing more than her unrefined way of saying, "*You matter to me. Love me. Connect with me. I want to feel you!*" She is calling for your presence in the only way she knows. When you understand this,

you can move in closer, hold her, take her in your arms and love her, instead of reflexively backing away, which only has her come on even stronger to prevent you from leaving altogether.

When you find yourself with an unsatisfied woman who is not open with you, who cannot give herself fully to you, she is calling to you to step into a bigger version of yourself.

She is calling you to love her with your total Presence, your unbridled Masculine Force and your blown-open heart.

Until you meet her with full attentive Presence, she will not open to you. In fact, until you do, she CAN'T open to you. If you ask of her that she be open and nice and loving, without you changing, your wish will not be granted. Not because she doesn't share your desire. Not because she doesn't like you, or is being spiteful. Because she physically and emotionally cannot risk opening until you show up in full force. Her body cannot open and surrender to you if you are not with her in complete presence. It really is that simple.

I know this experience all too well.

I used to be a man who didn't understand, and wasn't able to truly satisfy the woman I was with. Even though I believed myself to have some sexual prowess and charisma, I was never able to satisfy her. She always wanted something else. I was frustrated. I had no idea what it was or how to provide it. More times than I care to count, I have been face-to-face with a beautiful woman crying, arguing and pulling on me for something.

Sometimes this would happen only minutes after a hot lovemaking session, or as she was leaving my home after a fantastic night (or so I thought)! She didn't make the slightest bit of sense to me. I would try to reason. I explained. I got stone-cold quiet. I even apologized. But all my efforts never did the trick. I was left feeling perplexed, and worse, like a complete failure!

Fortunately, I have since learned how to treat a woman in the proper manner, and what it truly takes for me as a man to love her to satisfaction. And when she is deeply satisfied by me, she freely gives me everything of herself and from an overflowing heart. More love than I can handle, all the sex I dream of, respect and admiration in abundance. I can safely say, there is nothing this world has to offer that beats being loved like that!

This book is for all you men who've been in my shoes and would kill for answers and a clear sense of what to do. It is for you who have a sincere desire to be a true and gifted Lover and Partner without giving up your intense masculine Force.

You're a good man! You deserve to have a woman who loves you to the ends of this earth, with all her body, heart and soul. You already know – or at least you sense it somewhere – that having this kind of love would make your day, today, tomorrow, and every other day after that. There's nothing more glorious than having the undying love of a woman who will stand by your side no matter what, and see you as a great man.

You have inside you everything that is needed to love her like this. Most likely, however, you have been systematically led away from the very aspects of yourself that are required, and you have not had the guidance to hone your Woman Loving Skills to a fine edge.

That's what this book is for!

How to use this book

If you are a man

This book is simple. It has very few words on each page. Open to any page and read that page. Leave your logic at the door and read with your heart. Let the message sink in to your bones, your blood, and your balls. Live it out with every woman you meet, be it your Beloved or a stranger (adapt to strangers as necessary). Have the courage to live it out through your presence and your actions. It may feel like a risk. Take the risk!

If you are a woman

Same as above. Tell your man, and the men in your life, what rings true for you. Have the courage to admit your desire for this kind of Love, whenever applicable. Dare to open your heart wide open to your man! It may feel like a risk. Go for it. Take the risk!

Let this book guide you to create the loving, powerful, magical union with your Beloved that you long for and deserve.

For more support, transformational trainings and coaching, visit loveworksforyou.com/book.



When You Love Your Woman...

You will die for her!

When she feels the depth of your devotion, when she knows you'll protect her from any harm, shelter her from the storm, and offer your life in her service, she'll give you everything you ever wanted. She'll offer you all of herself – body, heart, and soul!

When You Love Your Woman...

You weather her storms!

She is like Nature herself. At times, she will blast you with thunderstorms, rain torrents on your head, and erupt in passion and rage. She will send blizzards your way, shooting icicles in your face. When you stand solid as the mountain in witness of Nature's force, she will respect you!





When You Love Your Woman ...

You hold her!

She longs to be held in strong arms. When you hold her in a powerful embrace, saying with your whole stance, *"I've got you! I can hold all of you, your children, your family, and your home"*, she can finally relax. She will feel totally safe and relax into you and your arms.

When You Love Your Woman ...

You hear her out.

She has so much to say. With her stream of words, she says to you, *"I am connecting with you in this moment. I am trusting you enough to let it flow from me. I am bonding with you"*. When she stops talking to you, know there is trouble in the house. Hear her, and be connected!





When You Love Your Woman ...
You respect her!

She is wise as Time itself. She has insights into Life that you'll never have. She knows humans, and how to treat them. She knows the true meaning of care for others. She knows YOU! Seek out her advice in all your affairs, and you'll be successful.

When You Love Your Woman ...

***Nothing will kill your Love—
not even her!***

She'll try to make you "un-love" her. She'll call you a fool for loving her. She'll say she's too old and ugly for you. It's a test. Stand up to the test. Do not collapse, fight back or walk away. Stay and love her no matter what, and she will remember love through your love, and open to you.





When You Love Your Woman ...
You laugh with her!

You let out the Jester in you. You grab her hand and skip down the street. You jump up a street sign and howl like a monkey. You do a little dance on the sidewalk and bow for the invisible audience. You let her crack your hard shell and see the delightful "Fool".

When You Love Your Woman ...

You have no secrets.

White lie or filthy betrayal – all are variations of un-truths that kill intimacy and stand between you. You have no need for lies and secrets. There can be nothing she cannot know about you. You tell her everything and invite her into ALL of you. If you need to keep secrets, let her be your secret keeper.





When You Love Your Woman ...

You are on time!

The first time you don't show up at the appointed hour, it's dismissible; she'll just feel a little hurt. The second time she'll feel hurt and angry. The third time she will question your integrity. In her mind she will say, *"When it really counts ...then will he be there?"* And you will be compromised in her eyes. She will close off to you in distrust. Be on time and she will trust you.

When You Love Your Woman ...

You say yes!

She conjures up a million plans and ideas that you find illogical and pointless. You want to say No. But say Yes! Yes to her ideas, yes to her plans, yes to her whims. For every Yes, you will grow taller in her eyes. And she will give you more of herself. When you say Yes, you say yes to her!





When You Love Your Woman ...

You are patient!

She will need more time to dress and prepare herself for leaving the house than you. You patiently wait and know she is making herself ready and beautiful for YOU! You use your planning skills to help you both be on time while letting her take her time. And she will happily dance her way out of the house with you and love you out in the world.

When You Love Your Woman ...

You don't take it personally!

When her emotional storm is raging, it feels as if she is raging at you! You hear your own name spoken in anger, with scorn and criticism. But you know she is really saying, *"I just need to get this out. I just want to feel close to you"*. And you love her as she rages.





When You Love Your Woman ...

Love is your language.

You speak love to her. You touch love on her.
You breathe love to her. You dance love with
her. You gaze love into her. You eat love with
her. You make love with her. In all you do, love is your
message.

When You Love Your Woman ...

You will not be fooled!

She will make excuses for not opening to you. She will have reasons for not making love right now. She will fake aches and pains. She will say it's Wednesday. She will be distracted with minutia and petty details. You will not be fooled! You out-patience her resistance and take her open.





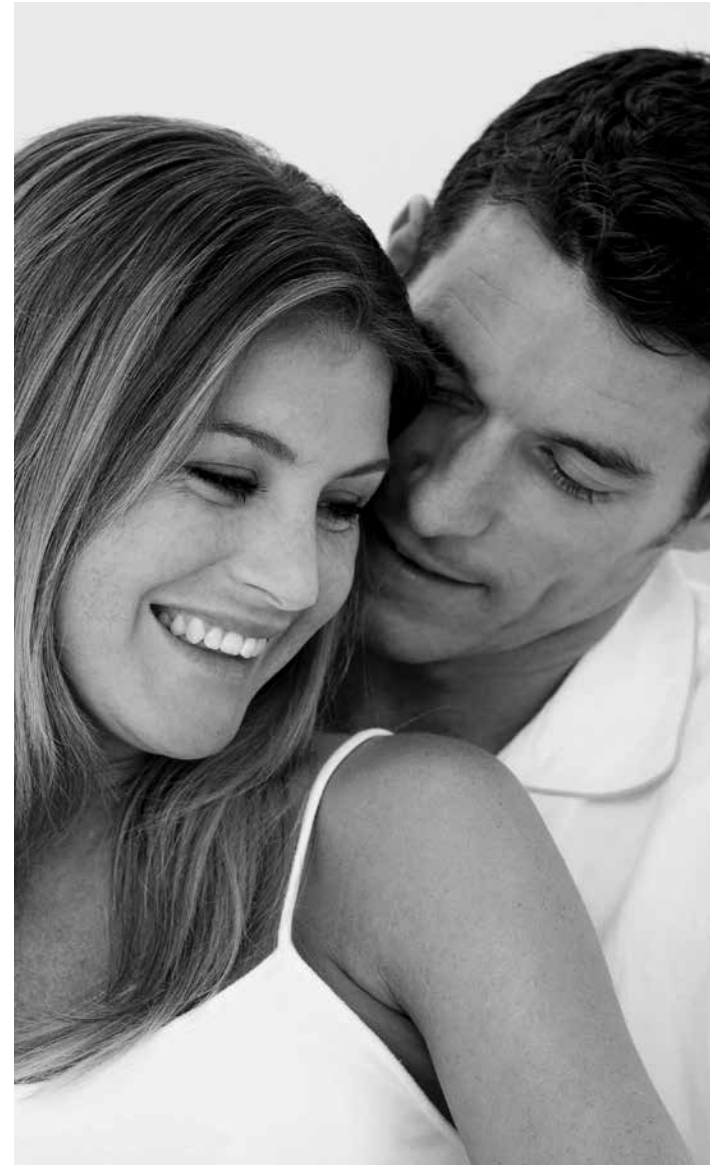
When You Love Your Woman ...
You will cook for her!

She will forget to feed herself. She will be caught up with a thousand details and forget she needs nourishment. You won't. You feed her and nourish her. You sit her down at the table and say, "Eat now".

When You Love Your Woman ...

You call her beautiful!

When you wake in the morning, you say, "*Good morning, Beautiful*". You praise her choice of colors. You compliment her dress. You comment on her radiant smile. And as you go to sleep you whisper, "*Good night, Beautiful*".





When You Love Your Woman ...
You notice her!

You notice when she leaves and when she returns. You notice what she's wearing and the colors of it. You notice when her hair changes. You notice her mood. You notice what she needs. You notice what she wants. You notice everything about her. Then tell her what you notice. She will find you amazing!

When You Love Your Woman ...

You serve her!

When she comes home, arms full of bags, you get up from your work and take her load. When it's time to leave, you hold her coat for her. You open the door for her. You pull out her chair so she can sit safely and comfortably. You pour her wine. And you transform your woman into a Queen. Then she will bestow abundant gifts of Love upon you in return for your reverence.





When You Love Your Woman ...
You court her!

You may have won her heart once. You may think you "*did it*". Congratulations. Good job. That was yesterday. Court her again today. You romance her with flowers, poetry, touch, chocolate, audacity and spontaneity. She wants you to win her heart again and again. Courting keeps her shining. And she'll shine that glorious love and light on you, her chosen one

When You Love Your Woman ...

You will take out the trash!

You may roll your eyes and think, “*What’s so important about the trash!?*” Ask instead, “*What’s so important about my woman?*” You take out the trash before she asks you to. And she will know you care for her





When You Love Your Woman ...
You take her dancing!

Dancing lets her feminine radiance out. It lets her beauty and sensuality flow freely. Dancing lets you harness and direct her beauty. When you direct the dance, she lets go and surrenders. She is yours. Dancing is foreplay.

When You Love Your Woman ...

You take her!

You express the full force of your desire for her!
You give her ravishment. You take her open
and set off comets in her mind and serpents in
her body. You enter her so deeply, with such abandon,
that the Heavens crack open and let you in.





When You Love Your Woman ...
You don't explain yourself!

You will screw up. You will disappoint her. You will miss your appointments. You will forget anniversaries. You will say stupid shit. You don't explain yourself. You simply state the obvious and declare that you screwed up. No explanation required. Just ownership. And she will forgive you faster than you can imagine.

When You Love Your Woman ...

You forgive her!

She will speak nasty words to you. She will punish you. She will use her nails on you. She will be unreasonable and demanding. At times, she will chop your balls off. You are big enough to “give as before” and forgive her

When You Love Your Woman ...





When You Love Your Woman ...

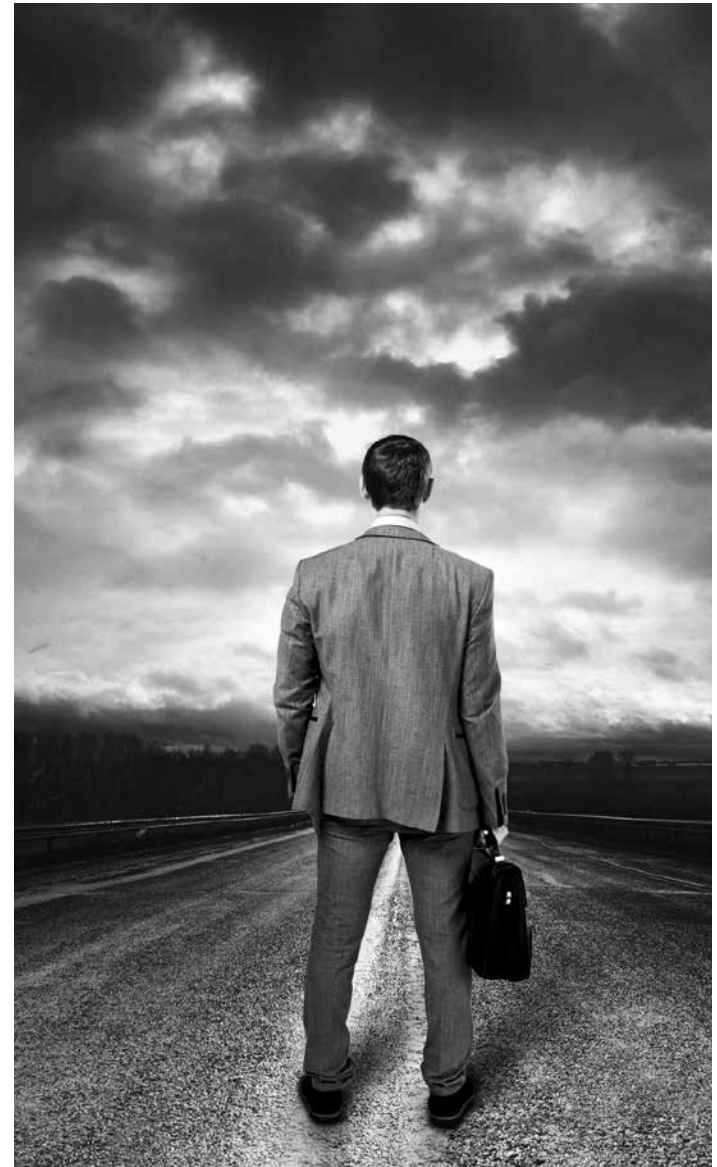
You prostrate yourself!

You know you are in the presence of the Divine Feminine embodied. You know God Itself came into this woman to experience Life with you. It will not be lost on you that you get to make love to the Divine Feminine through HER body.

When You Love Your Woman ...

You annihilate blame!

As you are the Master of yourself and your life, you know she is not to blame for your misfortune. You are powerful enough to take it upon yourself to improve your circumstance. You do not need her to save you. You never blame her for anything.





When You Love Your Woman ...
You trust yourself!

A hundred times a day, you have the chance to trust yourself or to waiver. Trust yourself. She wants a man who trusts himself. She **WANTS** a man who trusts himself! You trust yourself to make the right decision about your life, your finances, your health, your next restaurant meal, which movie to watch. When you trust yourself, she can trust you too.

When You Love Your Woman ...
You risk failing!

If you never try, she will ridicule you and not give you the time of day. If you try boldly and fail, she will welcome you home as a War Hero with open arms. If you try and succeed, she will welcome you home as War Hero with open arms. She will respect and reward you for your bold efforts.





When You Love Your Woman ...
You face death!

She will consume you! She will want you with such intensity and bottomless desire, you fear annihilation. She will demand your total Being with such uncompromising zeal, you have to face your very death. Nothing less will do!

When You Love Your Woman ...
You lose your head!

First, you lose your head to infatuation. Enchanted by her essential Beauty and Seduction, you forget your usual mental prowess and are swept away. Then, your mind-world returns in full force, demanding your attention. And you will have to lose your head all over again. And again. And again.





When You Love Your Woman ...

You stand your ground!

She will want you to please her. You will want to please her. And when you don't want to, she will try and persuade you, coax you, seduce you, convince you, even threaten you. You let her tantrum. You stand your ground and she will admire you for your immovable clarity and feel even safer.

When You Love Your Woman ...

You are gentle!

You are a Warrior. And gentle too. She will break down with you. She will experience deeper emotional pain than you can imagine. She will feel the suffering of your kids, of her friends, of the world, deeper than you'll ever know. You are gentle with her. Slowly stroke her cheek and assure her all will be well. She will soften into your gentleness and return to you.





When You Love Your Woman ...

Kindness will be your manner.

You will call your friends when they need help. You will tell your mother how much you love her.

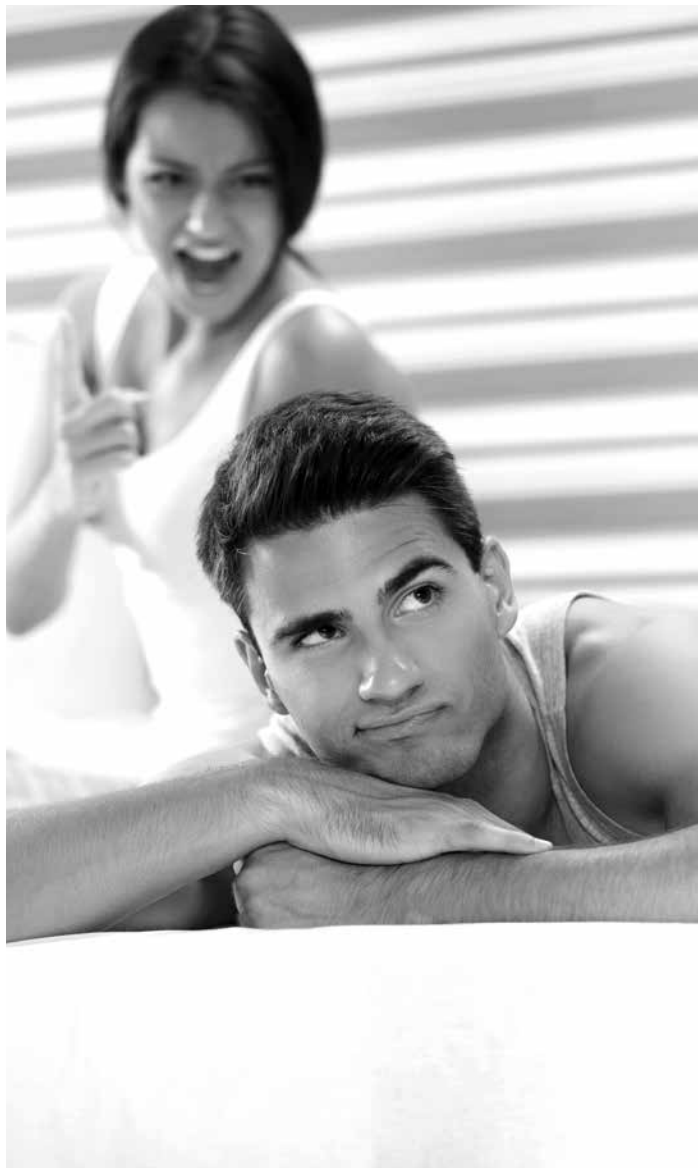
You will help ol' Granny with her groceries. You will let your boy have the last cookie. You will take her chore when she comes home exhausted. And she will know you are a kind man and be full in her heart.

When You Love Your Woman ...

Barren ground will bear fruit!

When it's just you in your life, and it is not shared and enriched by her, you create a barren landscape in your mind. When she joins you, your ground is watered and sun shines upon your land. Sprouts break through the crust, bright flowers appear, and you harvest richly. Then you give thanks to her for your yield.





When You Love Your Woman ...

You will be tested!

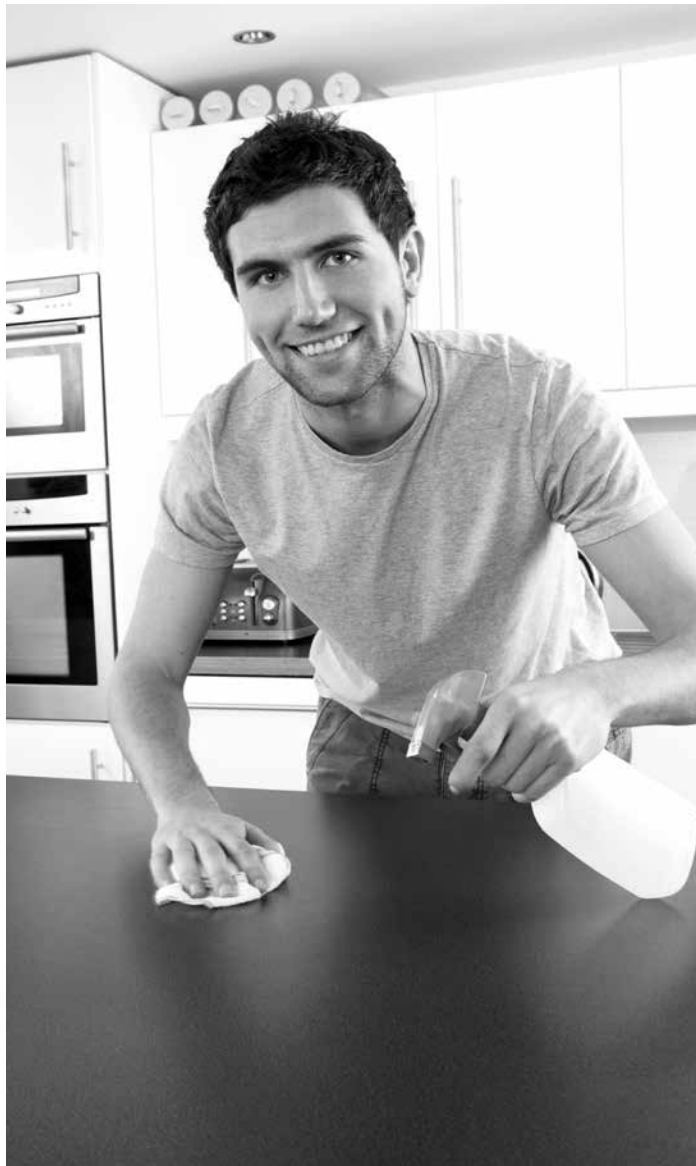
She will test your love, strength, and conviction. She will try to make you fail, but wants you to succeed. She will scream curses at you, pound on you for no logical reason, hiss venom in your wound. You will be tested. And you will pass the test. Then she will be yours forever. Until next time.

When You Love Your Woman ...

You choose her – again!

She will give you reason to leave her. She will know where your armor is thin and dig her nails into the sore spots. She will say to you, *“When I am this nasty and unattractive, can you still love me? When I am this insane and raving, will you still choose me over the other women?”* You choose her. Again.





When You Love Your Woman ...
You pick up after yourself!

She is not your mother. You are not a boy. Boys don't ravish mature women. She may be in service of you, but she is not your servant. When you act like a boy, she'll treat you as such. Be a grown man. Clean up your mess!

When You Love Your Woman ...
You tread lightly!

Her ideas and offerings are delicate. She is scared to offer them to you. Her internal emotion-scape is fragile; she is afraid to show it to you. Tread lightly with her offerings. Hold them as were they made of fine china that needs careful protection.





When You Love Your Woman ...
Your heart is ripped open!

When you close your heart, she will lunge at you. When you try not to feel, she will make you feel. When you protect yourself with armor, she will use weapons to destroy it. You will know the futility of closure. So you muster all your courage and stand down and let her rip you open!

When You Love Your Woman ...

You are her biggest advocate!

Your friends tell you how critical their women are. They fantasize about “new models”. Your office mates bark jokes about their last one-night stand-in for a woman. Your brothers try and persuade you that women are impossible to please. But you are her advocate. You talk of her like Royalty.



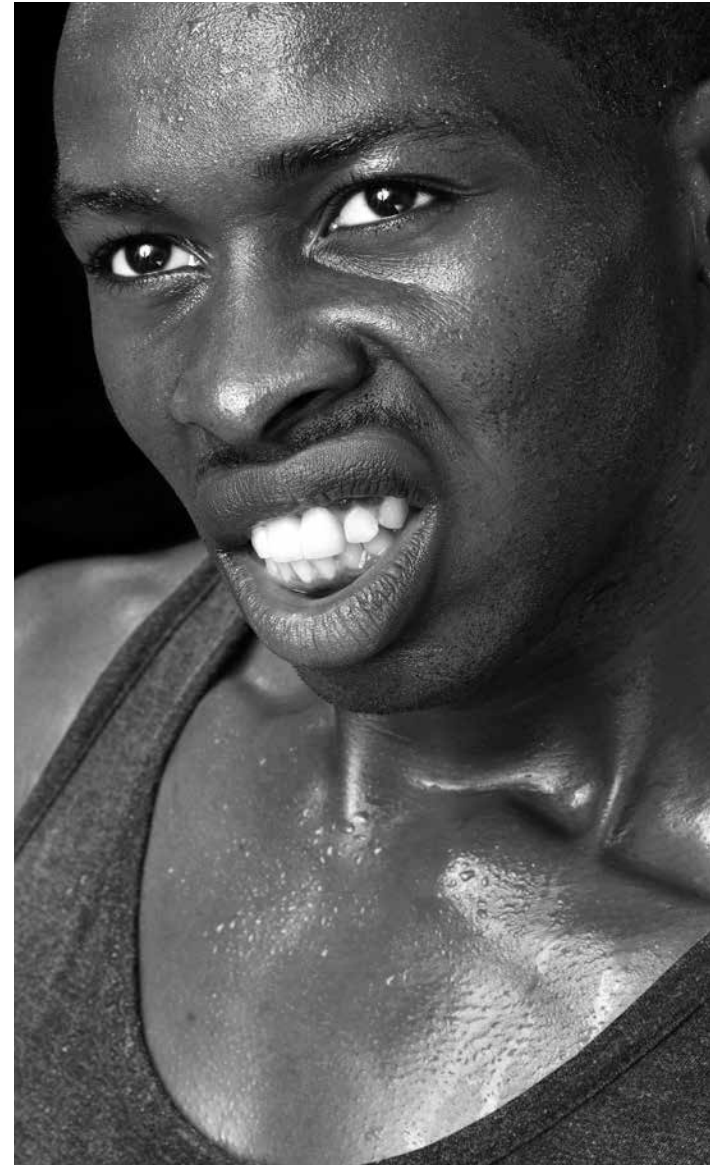


When You Love Your Woman ...
Opening to love will be your target!

Without her, your opening to Love is a crack at best. She will show you openings you've never seen. You feel Love like you've never felt. It exhilarates you. It terrifies you. You go for more. Once opened, there's no going back.

When You Love Your Woman ...
You harness your anger!

Your anger will frighten her. She will not understand it. She will want you to control yourself. She will quote authorities to call your anger "abusive". You don't suppress your anger. You harness it!





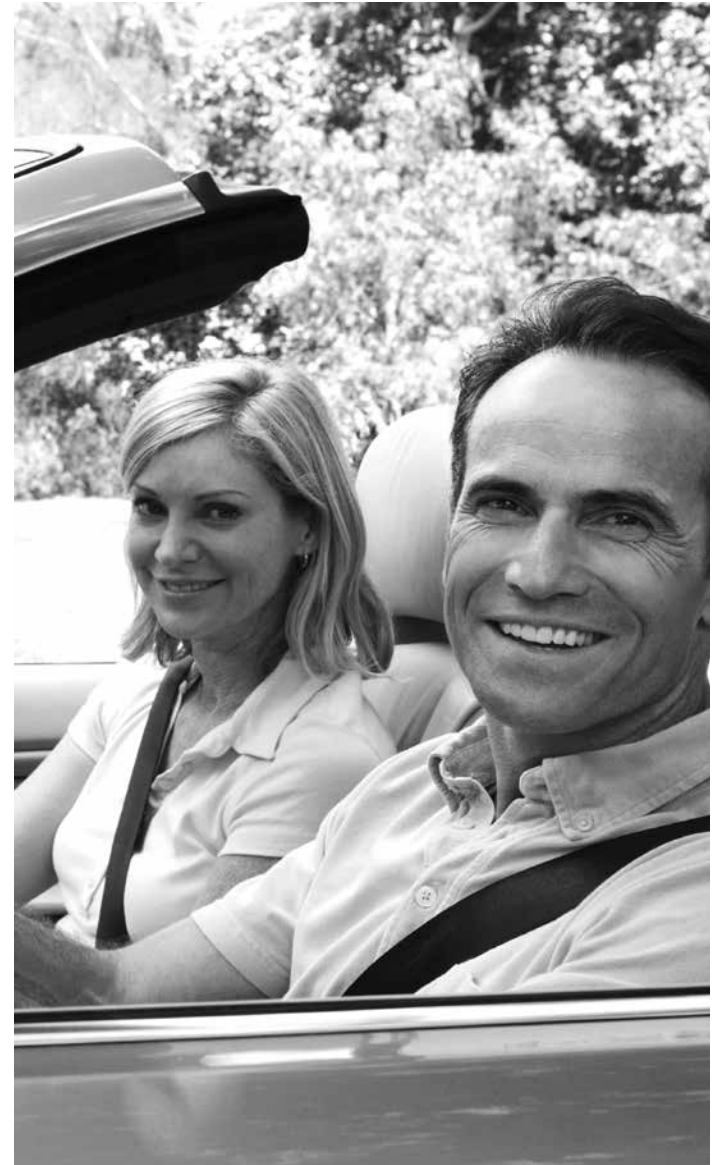
When You Love Your Woman ...

You take care of things!

When the mirror is crooked, you straighten it. When the new TV arrives, you make it work. When the new furniture comes in a box, you assemble it. When the lamp is out, you bring back the light. And she will think you are an amazing man and shower you with praise.

When You Love Your Woman ...
You will be good-humored!

When the waiter brings you the wrong dish, you smile and say, *"Take your time – I get to sit longer with my Woman"*. When your neighbor cuts in front of you on the road, you calmly yield and wish him a good day. She will send you sideways glances with butterflies and sex in her eyes.





When You Love Your Woman ...
You master your seeds!

When you can last but a few thrusts, you cannot take her to the deepest realms of Pleasure and Surrender. She yearns to go deep, but she will not go without you. She might gently tell you, "It's OK", but you know you missed your Potential. Master where and when you let your seeds spill. And then lead you both to and through the Gates of Divine Pleasure!

When You Love Your Woman ...
You are peaceful!

When the drunkard eggs you on in the dark alley, you appease him and be on your way. When the thief points a gun at you and demands your purse, your Act of Heroism is to give it to him and keep her out of harm's way.





When You Love Your Woman ...
You remove danger!

When the runaway bus heads straight for her, you put yourself in its path. When the maniac shooter runs amok, you call upon your own Fighter and do what needs doing. If you must, you die that day. She will live and be yours.

When You Love Your Woman ...

You will remember when she forgets!

When her day takes all her attention and she forgets to rest, you remember and lead her to the couch and bring her tea.

When she forgets herself and gives what everyone else needs, you remember what she needs and provide it.





When You Love Your Woman ...
You whistle a happy tune!

In the middle of your day at work, you recall how she threw her hair to one side over breakfast just as the sun reflected in the stained glass window, and you whistle a little tune. As you reach for the doorknob to enter your home after your day, you remember whom you're coming home to, and you whistle a little tune of Love.

When You Love Your Woman ...
Your darkneses is short-lived!

The Voice in your head reminds you what a loser you are and you agree. The Voice presents evidence of your failure and you find more. You go into mental tailspin, headed straight for darkness. She sees your anguish and brings her light to your darkness. You don't have to suffer for long when she's with you!





When You Love Your Woman ...
You are honest!

When she asks you how you feel, you tell her honestly and without shame. When she inquires about your day, you are honest about the challenge you faced and the mark you missed. When she wants to know your dreams, you unabashedly share that Big and Crazy Vision you have.

When You Love Your Woman ...

You are a hero!

You pull out of the driveway to go to work the same way you do every morning. You take the same onramp as thousands of other cars similar to yours. You drive to the same office towers as millions. But you sit up straight and proud. You know you are going out in the world to bring home food and gifts. You know you are her Hero!





When You Love Your Woman ...
You sing to her!

You know there is music in you. When you hear that song on the radio by yourself, you drum the beat and sing the few words you remember. Dare to share your music with her. When that song plays, sing and let her hear your voice and music!

When You Love Your Woman ...

You decide!

She will seem testy to you. When you don't know what to do, she will challenge your choices. Decide. Decide where you go for dinner. Decide how to get there. Decide what play to go to. Decide who drives you home. Decide. And let her mind rest in your arms.



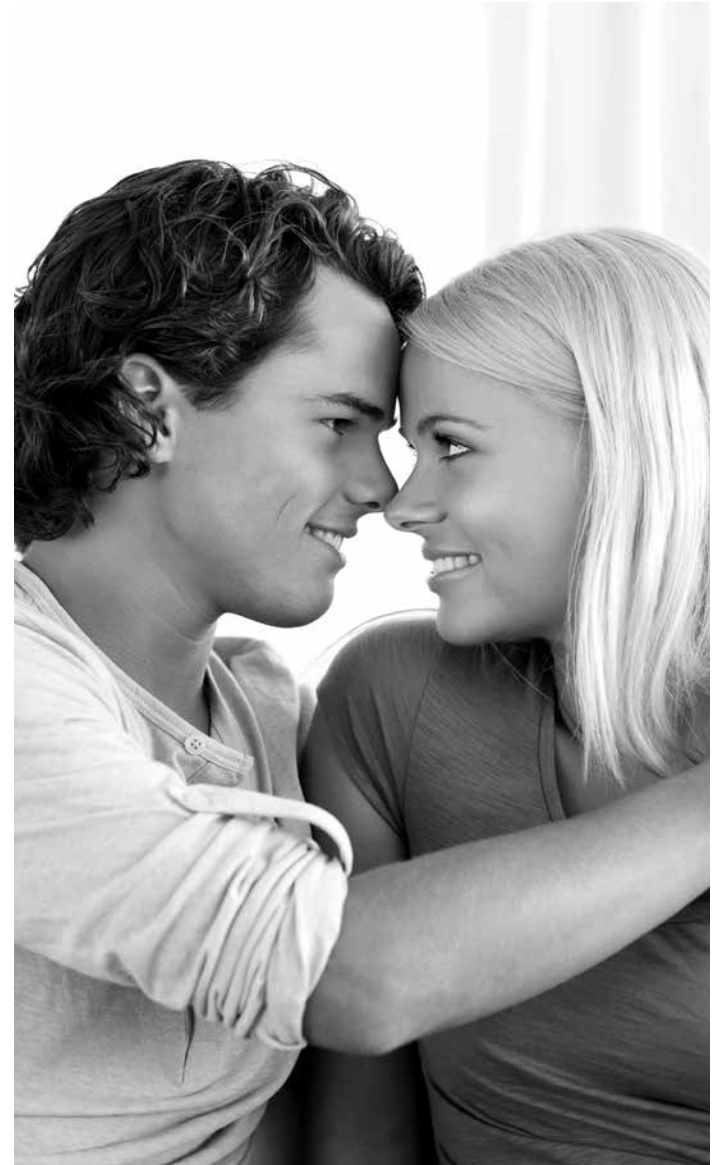


When You Love Your Woman ...
You fine-tune your vision!

Every morning, she will carefully select the best accessories to express her Feminine Essence. Turquoise or purple earrings tell two different stories. She talks to you with her jewels and pearls. You sharpen your vision, and like the hawk, see the minute details. You tell her. Then watch her shine and blossom for you!

When You Love Your Woman ...
You will pierce her heart with your gaze!

When you look into her eyes, you pierce her soul with the intensity of your gaze. On the photons of your look ride waves of passion and desire. Such is the force of your presence, even the fleeting glance you share as you pass each other in the hallway, will make her heart flutter and her lips moisten.





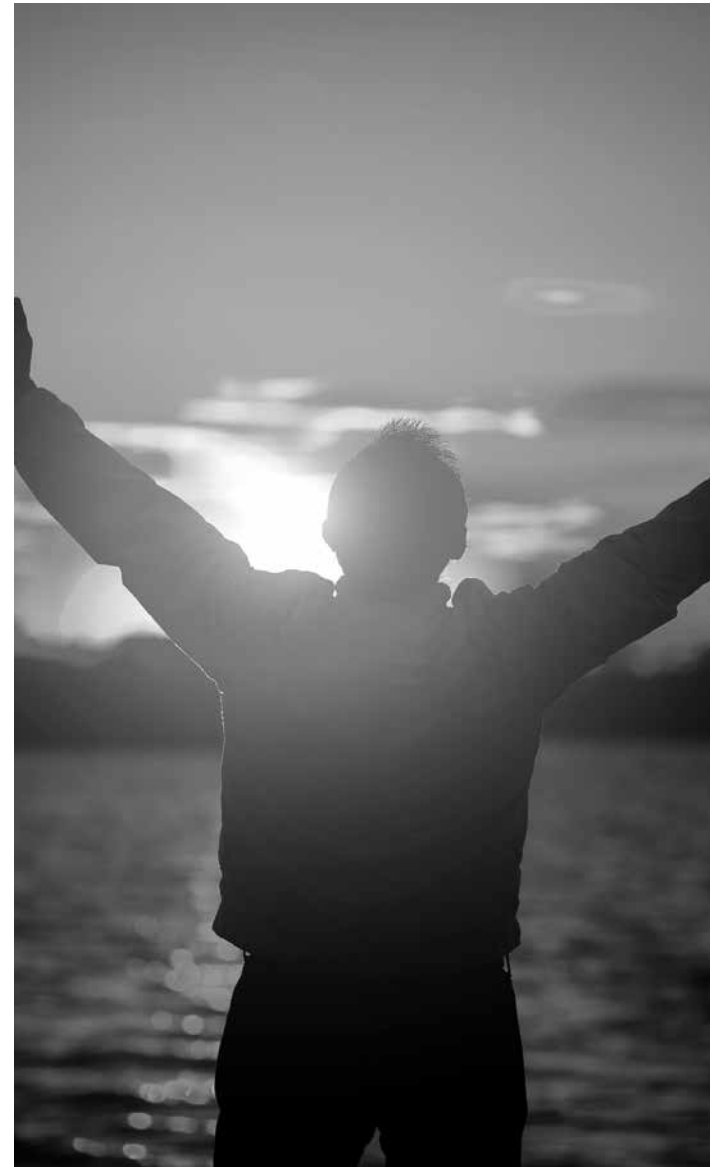
When You Love Your Woman ...

You make Love to her!

As you say goodbye in the morning, you make Love to her with your firm embrace. At noon, you make Love to her with the words you send through space. At night, you make Love to her with your eyes across the dinner table. All day, all night, you make Love to her!

When You Love Your Woman ...
You show her the man's World!

She may not understand why Purpose, Integrity, and Accountability are paramount to you. She may shake her head when you are torn between your duty and your desire, but your honest grappling will show her the Man's World! Let her see.





When You Love Your Woman ...
You will know emotion!

As a man, you know anger, rage, fear, happiness. She will show you a limitless tapestry of emotional variety. You will feel emotion in your chest you've never even heard of. You will have words for what exists in your throat when you can't speak. You will know the language of Love.

When You Love Your Woman ...
Everything is better!

When your Woman is happy, when she contentedly moves around the house, occasionally sending you a glance that promises near-future naked fun; when she plucks a flower in the garden and holds it to her nose and smiles, everything is good. Everything is better!



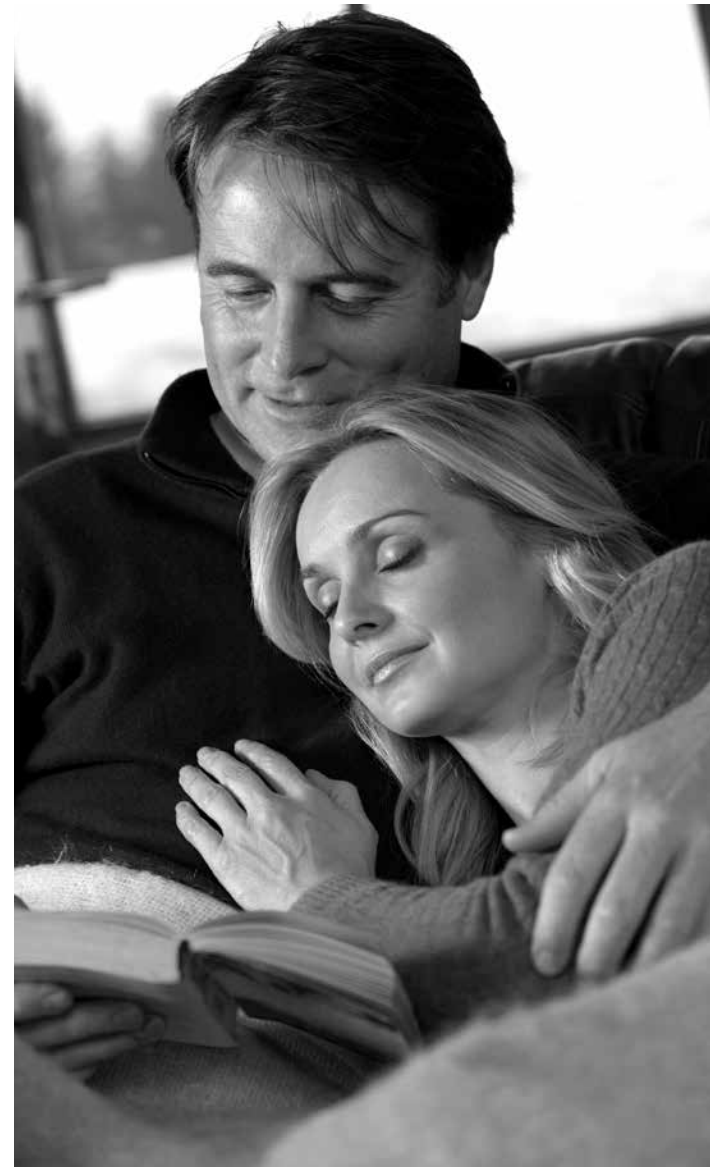


When You Love Your Woman ...
You won't mind the rain!

Even when you have to dress in rain clothes and bring your umbrella to stay dry, you won't mind. You remember you once walked hand-in-hand down the street and a sudden burst of rain soaked you to the skin. But afterwards you made love on the sheepskin by the fire. Now you bless the rain!

When You Love Your Woman ...
Your hands speak poetry!

Every time you take her hand, your hand utters a rhyme. Every time you place your arm around her shoulder, your hand sings of ancient Heroes through her bones. Every time you caress her face, your hands whisper in the language of the Lovers the depth of your Devotion. She loves your hands.





When You Love Your Woman ...

Time is short!

Every day, you hear of shipwrecks and sudden death. Your friends pass without warning. The old man down the street no longer takes walks by your window. You look up from the obituaries to see her across the room. You know you are blessed. Time is short.

When You Love Your Woman ...

You create touchpoints!

She craves connection like a fish water. When she is connected to you, she knows herself. You create an unbroken web of connecting points in the day. Even when you are apart, you find ways to reach her through the ethers. You connect and touch.





When You Love Your Woman ...

You can die anytime!

You are the Master of your Life, perhaps, but of Death you know nothing. Death has its own store hours. Every time you say goodbye to her, you know it could be the last time. Even when you go away for a brief errand, you see her with all your Love, your gaze assures her you are right here, and you affirm that you are complete with one another. Then you can die any time

When You Love Your Woman ...

You accept God's assignment!

With what do you spend your hours? Are your days taken up with serving the Highest Good, yours, hers, the world's? Are you doing what God sent you here to do? You know you have a Reason to be here now. When you accept God's Task for you, she will admire you!



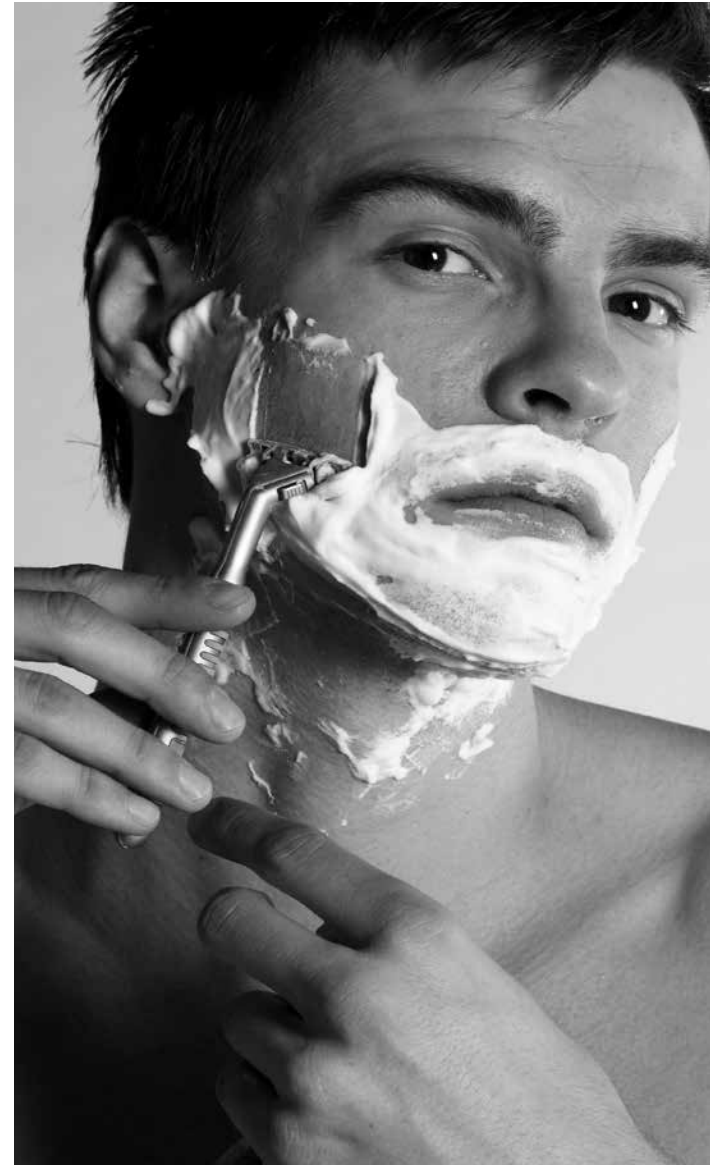


When You Love Your Woman ...
You see her everywhere!

You peel an orange and split it open, juices running down your hands, and you see her. You drive by rolling hills and you see her. You walk by a willow weeping its long hair into the waters and you see her. She is printed on your retinas and gets projected everywhere!

When You Love Your Woman ...
You groom yourself!

You are not a swine grunting in the mud. You are not a student roughing it out on ancient sofas. You are not a beggar living under the bridge. You are a Lover of a Woman. You need your body to show what you are made of. After all, you are God offering Himself to Her. You take pride in grooming God.





When You Love Your Woman ...
You ground her!

She is like the butterfly, flittering from flower to flower, from idea to idea, from whim to whim. Like a helium balloon with no anchor, she drifts into the Air. You ground her. You grab her by the shoulders, look her in the eyes, and hold her to the Earth!

When You Love Your Woman ...
You let your sounds out!

In lovemaking you have been silencing yourself. You have monitored and controlled your volume level skillfully. But not with her! Your Love wants out. Make love to her so it's impossible to monitor and control your sounds. Howl like the wolf. Scream like the hawk. Roar like the lion. Love like a Man!





When You Love Your Woman ...
You set the table for her!

When she least expects it, set the table for her. On the very day she comes home exhausted after an arduous day, you have already set the table and prepared the feast. Meet her at the car, offer your arm, carry her bags, and set her down at the table. Light the candle and watch her adore you!

When You Love Your Woman ...
You love her children as yours!

She may have your children. She may have children not of your blood. They may be nothing like you; look nothing like you; talk nothing like you. You know not to attempt to separate her from her offspring. You take them in and love them as your own. You show them how their Mother should be loved!





When You Love Your Woman ...
You dance with her mood!

She is not like you, guided by unchanging principle, stoic and stable over time. She is constant motion, ever-rippling emotion. You become a dancer, gracefully sidestepping to avoid collision, trustingly letting loose to send her away, and powerfully pulling her towards you in heated embrace!

When You Love Your Woman ...

You don't settle!

You hold a vision for your Union. Of high standards of performance, of grand contribution to the hungry world, of being impeccable and perfect in your dedication, communication and commitment to Love. She forgets. She cuts corners. But you don't settle. You keep your Union on course!





When You Love Your Woman ...
You keep her warm!

When your house gets cold, you light a fire. When the rain surprises you, your coat is on her shoulders. When she shivers in the night, you cover her with your body. If she is still cold, you warm her up from the inside!

When You Love Your Woman ...

You take her words into account!

She will not agree with you. When you discipline the children, she will offer a softer alternative. When you battle with your conscience at work, she will tell you what to do instead. You are not too proud. You take her words into account, weigh them righteously, and change your course accordingly.





When You Love Your Woman ...

You talk!

She will talk more than you. She will want you to talk more to her. She will try to extricate words, pry them from your sparse vocabulary. She will claw at you for information. You know it is not your words she wants. You know she desires nothing but your energy and your presence to fill her up. You talk to her. And watch her relax and open up to you.

When You Love Your Woman ...
You never abandon her!

You think longingly on the days of your youth when no one wanted anything from you, and nothing held you in place. You are tempted to escape to that Land of Freedom. But you don't want freedom FROM. You want the deepest freedom, freedom TO. You stay with her. And she will know.





When You Love Your Woman ...

You fill her up!

You love emptiness, staring into space. Silence is Home to you. You can gaze at the fire or the TV for hours, perfectly content. She loves to be filled. Filled with your presence, your devotion, your attention, your sex. When you fill her up, your Purpose is fulfilled.

When You Love Your Woman ...

You stay in shape!

When you let your body weaken, drifting aimlessly without direction, your force is diminished. She will look at you and question marks will appear in her mind. She may love you anyway, but you know you are not the Captain. You keep your force alive!





When You Love Your Woman ...
You sweep her away!

You meet her in the hallway, grab her, whirl her around and kiss her to her toes. You meet at the restaurant, you embrace her, bend her into a dip, kiss her and feel her body contours. She whimpers and sways in your arms. You know it will be a happy evening!

When You Love Your Woman ...

Love is your purpose!

You may be a tradesman. You may be a servant. You may be a president. You may be the lowliest or the wealthiest. But Love is your purpose. You know that on your deathbed, all that matters to you is the Love you shared. So you ask, today, and today, and today, *"How do I love more? How do I love her more?"*





When You Love Your Woman ...
You surrender to pleasure!

She will show you pleasure. She will give you pleasure. She will give you more pleasure than you can handle. You want to control it, explain it, put it in proper context for purposes of understanding. Don't. Surrender to pleasure, and let yourself be taken to God on a silver platter.

When You Love Your Woman ...

You leave errors uncorrected!

At the dinner party, she tells your friends how on Sunday you took I-80 to Los Angeles to see a show at the Memorial Theatre. You know I-80 doesn't go to Los Angeles, and it was at Royce Hall. You will be big enough to not let anyone know that you know the correct facts. You leave the errors uncorrected!





When You Love Your Woman ...
You make her tea!

When she's at the computer, lost in work for hours, forgetting to breathe, stretch and pause, you take her a cup of freshly brewed tea, gently placing your one hand on her shoulder to get her attention, with the other setting the fragrant liquid by her hands. You pierce her eyes for a brief moment and let the tea do the rest. As you walk away, you won't see her looking after you with that tiny smile that says, *"I'm the lucky one!"*.

When You Love Your Woman ...

You warm her bed!

The bed you find pleasantly cool is icy to her. Her body will tense and shiver and close up. You warm it up in advance with the heartbeat and heat of your own body. As you throw open the covers in invitation, the bed receives her in a warm embrace, and she will warmly embrace you. Open. Ready. Go.





When You Love Your Woman ...

Your eyes say it all!

When she opens her eyes in the early dawn, she will find your eyes waiting for her. When you take her in rapture, your eyes will conduct the symphony. When you say goodbye, your eyes will guarantee her safe return. When you see her across the room, your eyes will make long-distance love to her!

When You Love Your Woman ...

You claim her!

Like the gold digger who came upon a mountain he knew to be golden, would stake his claim and let no man interfere, so you will claim your woman as yours. You stake your claim in her heart, posting signs on the perimeter, saying, *"This Woman Is Taken! I Claim Her As Mine! No Man Shall Interfere!"* And she will deliver more gold than the hills ever held.





When You Love Your Woman ...

You rub her feet!

She dresses up for you in high heels and walks proudly amongst the others to show her Radiance. Her feet will sigh under the strain of beauty. When the time comes, you sit her down, remove her shoes and gently but firmly massage her weary feet while she groans in relief. You don't stop at her feet.

When You Love Your Woman ...

Your bodies are puzzle pieces!

When you curl up under the blanket at night, your bodies fit into each other like pieces of a puzzle. Her legs curve around you, your arms reach under her, your knees fit behind hers, her head rests perfectly on your shoulder, and your protrusion fits her opening.





When You Love Your Woman ...

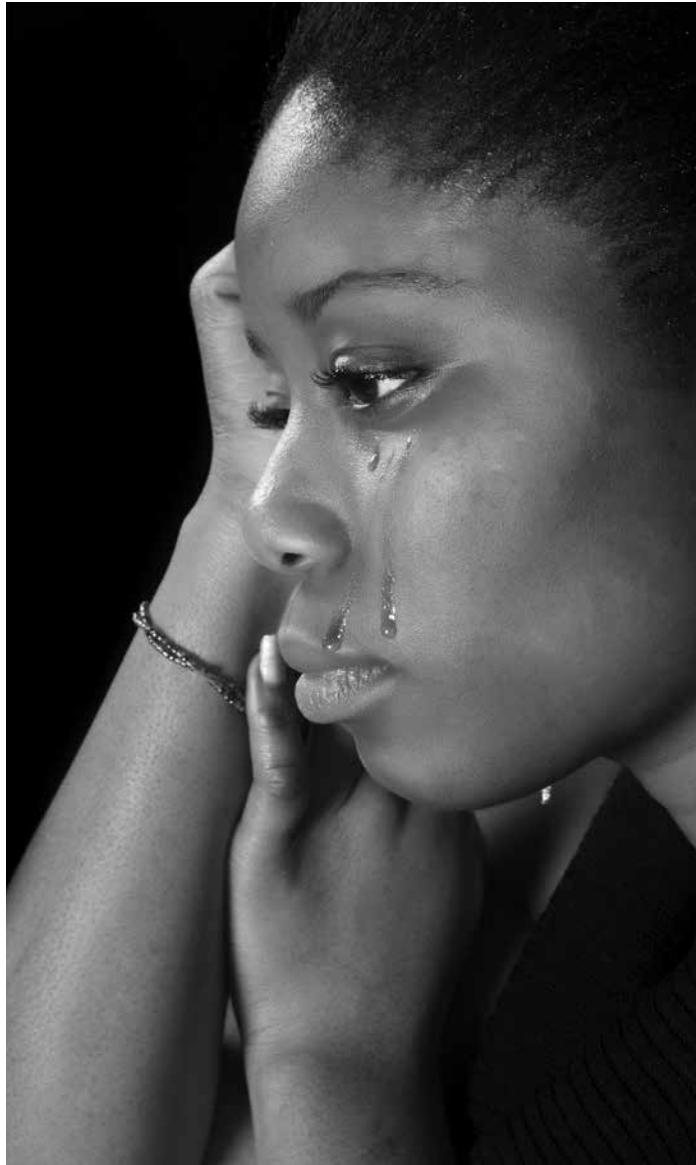
Your wild man will out!

When you see the other men wanting her, you want to bang your chest and roar. When she closes herself off to you, you want to tear her heart open with your bare hands. When you rip her clothes off and ravish her, you want to break into her very core! You let your wild man out!

When You Love Your Woman ...
You mess up her hair!

She will fuss about her hair. She will wash, condition, dry, comb, spray, die, form, sculpt, and rearrange to sheer perfection. It will be too perfect. You grab her by the hair and pull her to you. She will scold you for it. But her eyes will shine with passion!





When You Love Your Woman ...
You love her tears!

She will have many more tears than you. They flow freely and easily at seemingly random times. She cries when you see not a shred of cause. But you are not bewildered. You do not demand of Mother Nature an explanation for the rain. You love her tears.

When You Love Your Woman ...

You will call her to account!

Integrity will not be hardwired into her. She may have a flowing relationship with agreements and appointments. Her word can be changed much easier than yours. You don't police her. But you show the value of Integrity and your word. She will respect you!





When You Love Your Woman ...
You bring in the wood!

In the dark of winter, you need warmth. You make sure the firewood is in, stacked, dry, and ready. You chop the wood, bring it into the house, build the fire, light it, and keep it burning. She will forget to stoke it. You won't.

When You Love Your Woman ...
She will be waiting for you!

There are places she can't go with you. When you must go alone to face your work, your dangers, your shadows, she will be aching for your return. She will be brave and deal with things that need taking care of. But she will not relax until you are safely back home. She will be waiting for you. Come back to her.





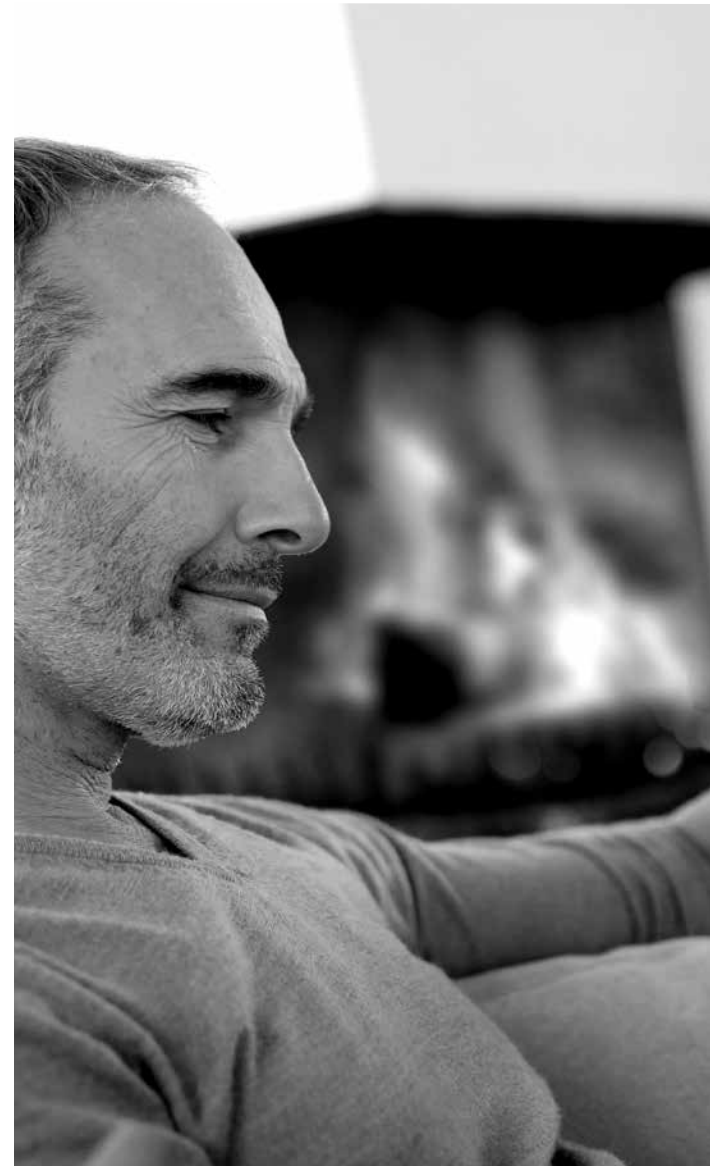
When You Love Your Woman ...

Caress her cheek!

After dinner, when the dishes are cleaned away and you are engaged in your evening activities, lean over and with the back of your fingers caress her cheek ever so lightly. When you drive, and she is in the seat next to you, look over and fleetingly touch her cheek. You will see a Loved Woman. A Loved Woman makes your life good!

When You Love Your Woman ...
You expand beyond yourself!

There will come a time when you are content to sit by the fire and enjoy your life. Life will be exactly good enough for you. You could rest in this place forever. But she wants more. She will chomp at the bit. She will know there is more enjoyment to be had, more juice to be drunk. You take your contentment and go with her into the next Expansion!





When You Love Your Woman ...

You speak up!

You go to meetings and people spew nonsense. Teachers talk rubbish about your children. Your friends say unprintable things of their partners. She looks over at you and thinks, “*Will he say something?*” You risk ridicule. You speak up. And she’ll be a liberated Princess.

When You Love Your Woman ...

You are wealthy!

On a Sunday morning, while you sip your coffee at the table, she bustles about in the kitchen, putting away silverware and porcelain. You observe as a strand of hair falls across her face and she reflexively puts it back behind her ear. You remain silent. Your heart overflows with Love for her. You know you are wealthy beyond measure.



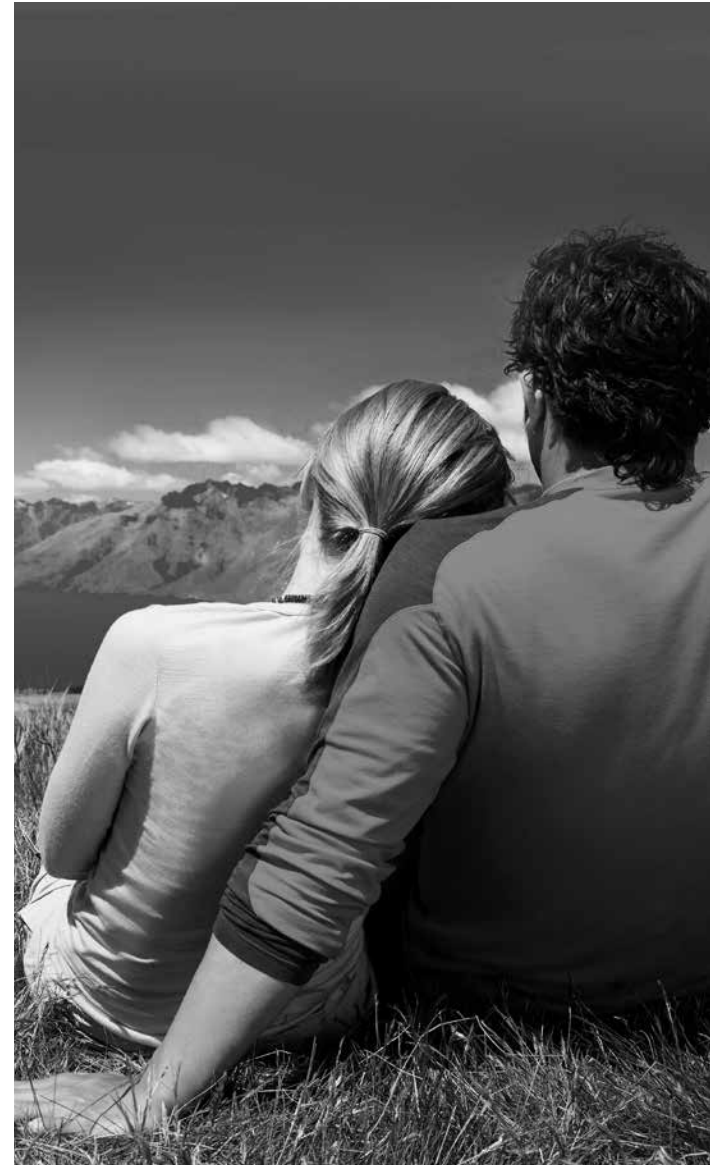


When You Love Your Woman ...
Old age sounds sweet!

Before you met her, you wanted young women. When you met her and Love ran rampant in your brain, you had a fleeting vision of her as an old woman. Now, your inner screen shows movies of holding hands on a porch with a view of rolling hills while the grandchildren's laughter spills out of the windows. Aah, to grow old together!

When You Love Your Woman ...
You will be an explorer of new lands!

You are an Explorer of new lands!
You think the world has no more untamed, uncharted territories and all have been discovered. Then you notice the curve in her neckline for the first time. You stumble upon the mark on her breast you have not yet mapped. You pack your bags and go exploring for real, determined to finally find the Center of the Earth!





When You Love Your Woman ...
Movies make you cry!

You watch movies that used to make you squirm in your seat. You watch as the perfect couple gets torn apart by the wrath of the gods. You join her in rooting for Love in the end. You won't believe yourself, but you cry when they finally kiss.

When You Love Your Woman ...
You go shopping!

When you shop, you hunt down the item you want and get out of there! Mission accomplished. Anything more is time wasted. She will go shopping for the sheer joy of dancing with new looks and materials. Go with her. Watch her dance. Enjoy her joy. Later, when she parades for you in newfound garb, you do the undressing!





When You Love Your Woman ...
You show her self-care!

When the children ask if you'll do something for them, and you don't want to, you say no. When they ask her, she'll bend out of shape and say yes. She is hardwired to take care of you, the children, and everyone else. She'll help when she doesn't want to. You show her how to say no and choose herself first. You show her the Love of "No, not right now!"

When You Love Your Woman ...

You meet Mother Earth!

She is connected to All Things Living in a way you don't understand. You, like Father Sky, can look down on the world and see Beauty and Bad and know that all is in order. She feels the Beauty and Bad of humans, animals, birds, insects, the very Earth herself. You are living with Mother Earth, and her Love is awe-striking.





When You Love Your Woman ...
You hold her, even from afar!

When Lovers of old wanted to correspond, they trusted the courier to deliver their tokens of love. You have it easy! You can give her a love note in 5 seconds from around the globe. You can sing her a song live from anywhere. You stay connected. And she will feel held, even when you're gone. You will come home to a warm heart and an open body!

When You Love Your Woman ...

You notice butterflies in pairs!

Before her, you would say you liked nature. You liked dogs and cats. But now! Now you notice when two dragonflies hover above the water together. Your eye catches the two finches that chase each other in the treetops. You break a smile when you see two butterflies flitting together in random pursuit of nectar and sweet!





When You Love Your Woman ...

You set her free!

You may love her to the end of time. You may have sworn to protect and honor her till death does you part. You may be willing to give your life for hers in the blink of an eye. You may be willing to serve her to the end of your ability. There may come a time when the service required of you is to let her go. Then you set her free!

When You Love Your Woman ...

You pull her hair!

When she is writhing and moaning in pleasure under you, when your bodies move on their own, controlled by a mysterious Force, you feel the ferocity of your Love wanting to take her deeper, deeper, more, more. You pull her hair, thrust into her deeper yet, and hear the sound of Surrender!





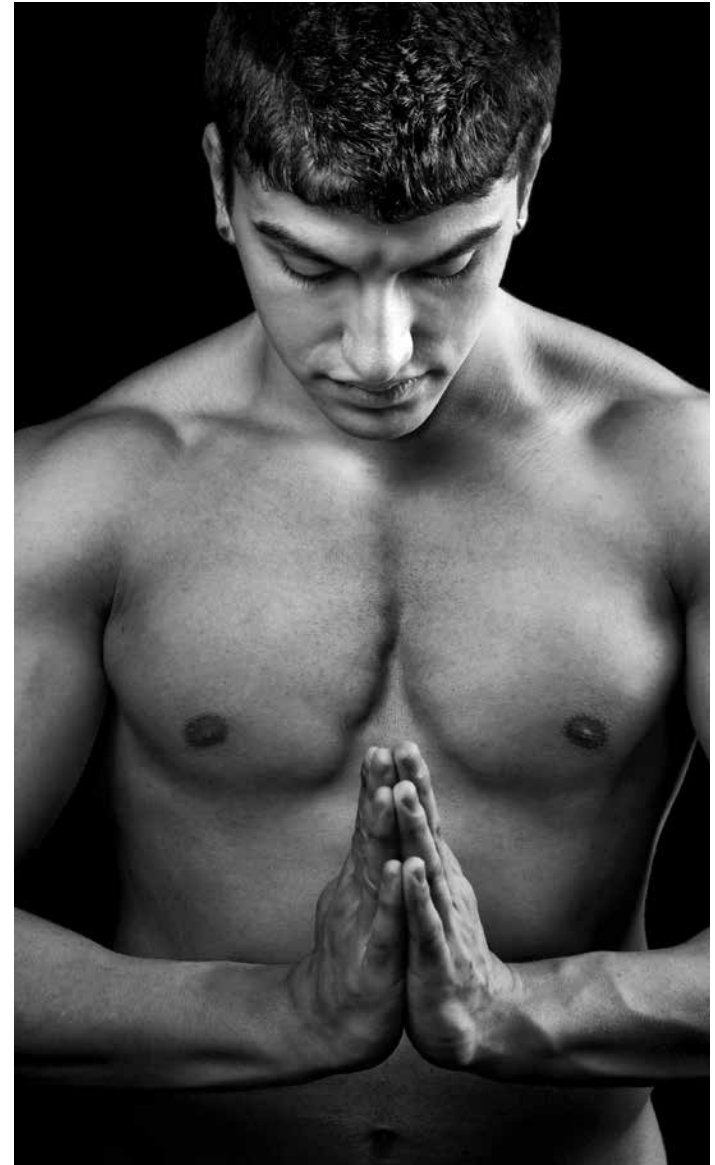
When You Love Your Woman ...

You get up early!

There will be days of laying about in the lightness of life and each other's naked embrace. And there will be more days when duty calls and you must up at dawn. You prepare the way for her. You get up first and warm the house and make the tea. You provide! She Loves you!

When You Love Your Woman ...
You remain calm when enraged!

When things need to change for you and her, your jobs, your business, or your parenting, and you have a clear idea for how to do it, you want to implement, ready, set, go! Not later, now! You get impatient! You get attached to your vision. Her input and challenges feel like sabotage! Like sticks in your wheel! But you remain calm in your anger. Take her suggestions into account. The outcome will be better than you had planned!





When You Love Your Woman ...
You harness your rage!

You are a man. Rage is with you for a lifetime. Like a muscle-sculpted stallion, in your youth, the force of your rage scared you, or you scared your women with it. Now, in mature manhood, you harness your stallion. You use its force to create and penetrate. And you put it in the stable when it shouldn't be out.

When You Love Your Woman ...
You apologize with honesty!

Despite your best intentions and promises to never do it again, you mess up! You mess up the very same situations you swore would never happen again. You know “I’m sorry” doesn’t cut it. You own your faults without explanation. You know the impact of your actions. And you make it right! That is the Man you are!





When You Love Your Woman ...
You do your damndest to impress!

To prove his love for her, he climbed the highest mountain, swam the widest ocean, and traversed to hottest desert. But she left him. He was never home.

You, too, climb mountains for her. You show her how big your Love is. And you will be home. Home in your house. Home in your Presence. Home in her arms!

When You Love Your Woman ...

You go out in the dark night!

You go camping in the wild. It was your idea. You savor the rugged beauty of Nature, drink in the freshness of unpolluted air in your lungs. It gets dark, really dark. The walls of the tent are paper-thin. Ants breaking grass sound like tigers. She is scared. You hear a big animal breathing outside. You go out there! She will remember her fairytales!





When You Love Your Woman ...
You will be initiated!

Three times in your life you must be Initiated. First by other men into manhood. Then by Life into the suffering and resurrection of humans. Then by your woman into the Feminine! There will be an ordeal. You will face death and be victorious, or shrink back and die incomplete! She wants you to be Victorious!

When You Love Your Woman ...
There are flowers on your path!

Down the Path of Life you go, blessedly hand-in-hand with her. You see a mountain in the distance. You lengthen your stride to get there, pulling her along with you. She wants to go there with you. Your purpose turns her on. But the flowers along the path are captivating her attention. She stops to pick one. You feel slowed down. But you smell the flower deep into your heart, then look her in the eye with the calm of a mountain and proceed to the horizon.





When You Love Your Woman ...
You celebrate the seasons!

The eternal rhythm of the Seasons pulses in her veins. The breath of the Earth blows through her lungs. The nurturing of new life and the dying of the past are in her bones. You want to move on, while she decorates for winter, spring, summer, and fall. Feel the rhythm of the Earth and celebrate with her!

When You Love Your Woman ...
You are love-stupid!

In the park, you see a tree with the right set of branches. Like an adolescent in heat, you jump and catch the branch, but fall on your ass. Did she notice? By the ocean, you find a perfect round stone, pick it up and send it skipping. Four skips! Did she see? On the slope, you take a bold risk and send snow spraying. Pray she noticed! Love is stupid.





When You Love Your Woman ...

You exaggerate!

You take a fall on a hike. You're bruised but alright. You go for a run and twist your ankle. It hurts, but you're cool. When she inspects your injuries, you groan louder than you need to. When she gently places her cool hand on your bruise, your sharp intake of breath is sharper than it needs to be. You caught a ten-foot fish!

When You Love Your Woman ...

You stand up!

One your way home, an injured deer is on the side of the road. You stop. On your way home, the man with no home reaches out his cup to you. You fill it. On your way home, a drunken youth falls on his face. You pull him up. On your way home, a bully threatens his women. You stand up! She will never forget.





When You Love Your Woman ...
You come back!

Life tires you. Relationships strain you. Your demons haunt you. You need reprieve. You need time in your dark and empty grotto. You need to stew in your man-made mind-broth. You need to go through your barren thought craters. But you come back. You tell her, *"I will come back to you!"* Knowing that, she will let you go.

When You Love Your Woman ...

The joke is on you!

By now, you will know your follies. You know you're a silly man. You know you're flawed. You know you fuck up. You know you're a judgmental bastard. You know you're stubborn as an ass. You know you're righteous. Arrogant, too. You make no apologies. Only jokes. You laugh in the face of your handcuffs. You make light of your trespasses for all the world to see. She will laugh with you, and love you deeper!





When You Love Your Woman ...
Your luck will amaze you!

She will forgive your angry outbursts, iron your shirts, set the table for you, get lipstick on your shirt and wipe it off, seduce you into oblivion, look at you with the eyes of a doe, tell her friends you're a good man (and omit the rest), put your desk in order, remember your toothbrush for you, and make herself look like your Queen. You won't believe your own luck!

When You Love Your Woman ...
You have your muse!

You work yourself to a grind. You can tolerate fantastic discomfort and still push on. You feel caught in the humdrum-trap of endless everyday routine. You want out. You want to quit. You want to leave it all behind and never look back. But time and time again, you re-find your inspiration in her open heart and body. You don't understand, but the daughter of Zeus refills your cup!





When You Love Your Woman ...
You do things you wouldn't do!

She'll say, "*Honey, do you want to have a big party for all our friends, and we can play music and dance and play games and have lots of fun, and we'll get the barbecue going, and it'll be great?*" You don't want to for your own pleasure. You'd rather be home alone with her naked. But you do it for her. When the party is over, she'll want to be naked with you!

When You Love Your Woman ...
You don't compromise!

Countless will be the occasions where she wants to go out and you want to stay home; where she wants to spend money, you want to save it. She'll have a strong feeling about nurturing your son; you'll be adamant he gets trained to be independent. You don't compromise! You find the win-win. When she's happy and you're happy, you can be done! Don't compromise!



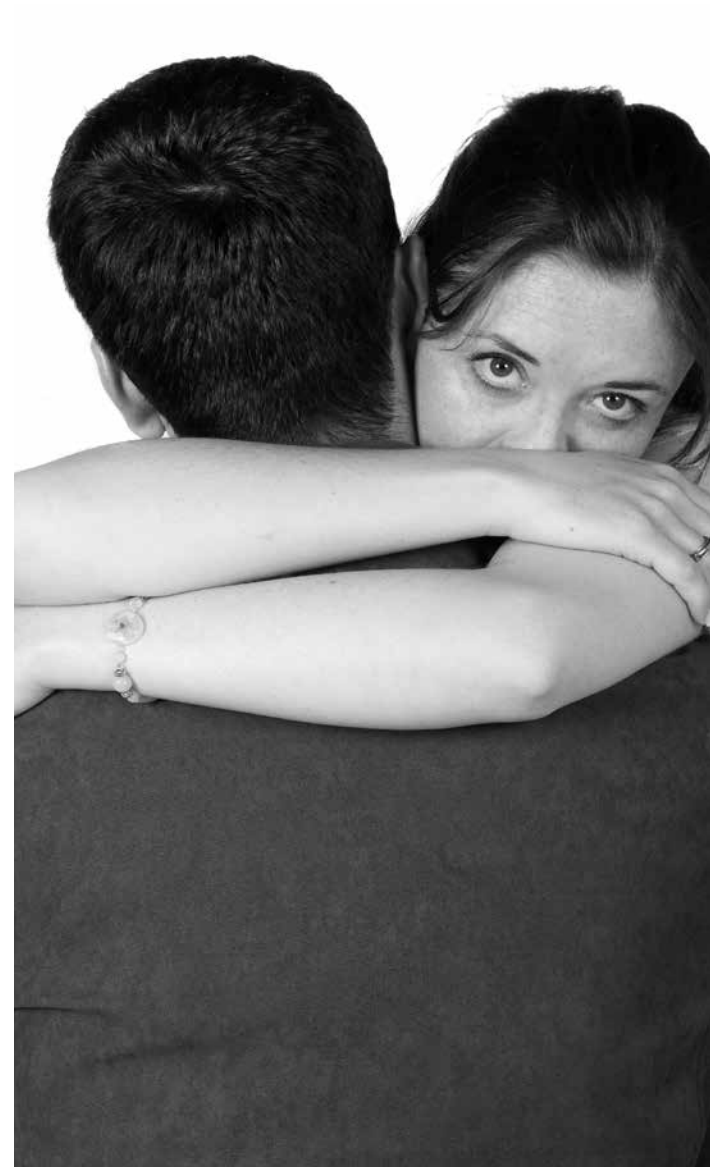


When You Love Your Woman ...
You kiss her!

When you reunite after the day, don't merely peck her cheek! You wrap her in your arms, kiss her face and her neck and let her feel your heat and strength. Let your tongue and lips dance with hers and kiss her till stars appear on your ceiling!

When You Love Your Woman ...
You dance with complexity!

Today, when she says, *"Leave me alone!"* it means leave her alone, she needs her space, don't come near her. Tomorrow, when she says, *"Leave me alone"* it means go take her, go closer, don't listen to her words, force your way through her closed door and open her heart back up. It's that simple. You master the dance of complexity.





When You Love Your Woman ...
You are finally Free!

You are hesitant to enter the Union. Your freedom is at stake. You protect your freedom with fierce determination and ruthless diligence. You will not be limited. But Love pulls you in. The Union is made. You are shocked to discover you were never free before. The limitations were mirages. Now, with her, you are free to be a Man!

Moving Forward

Few, if any, areas of a man's life are as important to his confidence and sense of success as his relationship to women.

Having the skill and presence to reliably make your woman happy and satisfied not only showers you with rewards from her, it helps you walk and feel like a champion in the world!

It's much the same exhilaration of accomplishment you might feel when you master your trade and finish a big project with a win, or when you're doing sports and you put out your best and come out victorious. Only in relationship, the rewards aren't money, fame, or trophies, but the love, loyalty, respect, and sex of a woman!

I often coach men to treat their relationship as they would their business, because most men can easily and intuitively relate to it. In your business, you make sure to get the projects done that needs doing. If you have client appointments, you make sure you get to them on time (and if you don't, you have some work to do!) You make sure, week after week, that the required tasks get scheduled in your calendar. And you expect as a matter of course to take further education and trainings to keep up to speed and enhance your skills.

If you treated your relationship with the same precision, dedication, planning, and openness to learning, you'd be a great lover and partner sooner than you think. You'd make time for your woman and your family. You'd take trainings in the areas you weren't strong in. And you'd have a woman who would be bragging to her friends about you!

In working with couples and singles, my wife and I meet untold numbers of men who feel angry or resigned about their relationship. They feel angry they're not getting enough sex, love, and respect; and they feel resigned that they don't know what to do about it, to the point when they're questioning if they'll ever make it work, or if there's something inherently

wrong with them.

Nine times out of ten, their dissatisfaction can be boiled down to simply never having learned a better way and the proper skills. This is actually a great problem to have, because it's totally fixable.

Moving forward, one of the hottest things you can do with your woman is to take an initiative directly related to your relationship. Using your planning and leadership skills to make something happen that enhances your love life together will delight and surprise her and pay generous dividends for years to come.

Reading this book is one example. Have a conversation about what you learned from it. Go to an evening lecture on how to spice up your sex life. Schedule a weekend retreat. Take a relationship training.

Most of all, remember ...

You don't have to be perfect. You don't have to get everything "right". You don't have to know everything. You don't have to pretend you don't need help. She's not expecting that of you, and you don't have to, either.

You're a good man, and your woman wants you to succeed with her! So you have a great starting point for mastering the "game" of love, and become the confident, competent lover and partner you can be!

Go to the free bonus page that comes with this book. You'll get e-books, videos, and suggestions for live events you could do together.

www.lovethegame.com/book



A relationship book specifically for men, *When You Love Your Woman* offers contains 129 down-to-earth, easy-to-read lessons that will teach you how to be a successful lover and win your woman's heart, whether you have just started dating, or you've been married for decades.

This is a relationship book for men, but if you are a woman and it seems your man just isn't hearing you, get him this book. Composed of short, 1-minute lessons, it's by far the best thing I've ever seen for men about relationships with the opposite sex.

Jordan Fisher Smith, *Bestselling Author of Nature Noir*

Christian Pedersen takes the wildfire that is love and relationship and crystallizes it into short, powerful essays that will give you a blueprint on how to behave in ways that will make your woman brag about you to her friends.

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Christian Pedersen is the co-founder of loveworksforyou.com. With his wife, Sonika Tinker, he produces and leads powerful trainings for couples and singles on love, sex, communication, and full potential relationships.

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