

*Let* HIM  
*Chase*  
YOU

**A Simple Guide For Women Who Want  
Both Long-Lasting Love and Respect in Their  
Relationships with Men**

*by*

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**Let *Him* Chase You**  
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## EVE'S STORY

15 days have gone by since their first date. 3 days have gone by since he last called or texted her. 7 days have gone by since he last set up a date with her.

And it just so happens that 7 days have gone by since they first had sex.

Finally, on the 8th day of sitting by quietly waiting for a date invitation, Eve decides to break down and call him.

"I just don't think I'm ready for anything serious right now. I'm not ready to date (insert other excuse)," Thomas says when she asks him what's going on. "We can still hang out sometimes though."

Eve and Thomas have sex a couple more times -- that's what he really meant by "hanging out" after all. Then he completely "ghosts" her. No replies, no contact.

5 weeks later Eve finds out through Facebook that Thomas is "in a relationship" with another girl he just met.

Why did Thomas make the other girl his girlfriend after a short period of time but only thought Eve was fit to be his "friend with benefits?"

Keep reading this guide to find out exactly why, and how you can avoid being treated like Eve in the future.

## **A Man's Hierarchy of Desires/Needs in a Woman**

A Looker

A Lover



A Supporter Who Believes in Him

A Friend and Confidant

## **A Woman's Hierarchy of Desires/Needs in a Man**

A Protector

A Provider



A Looker/Lover

A Friend and Confidant

## **Why I'm Writing This Guide**

A lot of relationship experts teach women how to “catch” a man, as if he is the prize and you as the woman should be the pursuer. Therein lies a lot of the dysfunction and confusion that many women and men have when it comes to dating and relationships today. The roles are all

screwed up. Men are by nature supposed to be the chasers in heterosexual relationships.

To be clear, I am not a relationship expert; I am just a very attentive observer who studies human relationships and interactions daily. I have unfortunately seen plenty of relationships go sour. I've seen a lot of my woman friends get played, "pumped and dumped" (used for sex and then dumped or ignored) and used up by men in other ways. And of course, I have experienced the same things.

It's pretty obvious why these things happen but sometimes we women don't want to own up to our own roles in the situations—we just place blame on the guy for being a jerk. And yeah, he is a jerk for taking advantage of you with no intention of going much further with you. But if the same thing happens again, and again, and again, with different guys, some self-reflection is in order.

This was my story for a long time. I threw pity parties whenever a man suddenly and unexpectedly exited from my life. I was

angry at the guy for “letting me down,” but I didn’t want to own up to my OWN role in what transpired. Stay tuned for a few juicy stories from my past, and yes I will be spilling a little bit of tea.

It’s all about choices. The choices we make as women. Choices in how we proceed or *if* we proceed with a relationship, choices in how we act and react while dating and also the TYPE of men we choose to deal with in the first place.

While I’m not currently married (and now taking my sweet sweet time before going down that road again), I was engaged to be married to an awesome man at one point who unfortunately passed away. We had some major challenges in our relationship in the beginning, but we overcame them and eventually bonded. He was deeply in love with me (and I him), so I do know what it takes to get a man to fall for you to the point where he wants you to walk down the aisle toward him.

After a number of dating failures, I finally discovered a number of revelations that have completely changed my perspective about men and

dating. I am now successfully dating again, all on my own terms and confident that my next life partner / soul mate is going to walk into my life exactly at the right time. That's a big change from being curled up in my bed depressed, and having pity parties because I thought no one cared about me.

As soon as I began implementing the ideas that I lay out in this book into my dating life, I noticed that men began to flock around me. I became the chooser, instead of feeling as if I needed to work harder to get chosen.

I'm writing this guide now because I'm very concerned about the relations between heterosexual men and women. The new trend is to find a "friend with benefits" and pretend that your feelings and emotions don't really matter on a day-to-day basis. I call BS on the idea of "friends with benefits" and I'll tell you why in a little bit.

It seems that there is more and more of a bitter divide between men and women, but I believe it is fixable. The marriage rate is declining across the board, which some think is just a sign of progression or evolution, but



I think it is actually just a sign of more people being disconnected from each other. Negative past experiences and anger are holding us back from finding honest, secure, unconditional, peaceful love with each other.

The keys to overcoming this bitter divide are as follows:

- 1) Understand what YOU may be doing wrong in your relationships and the dating process
- 2) Learn to love yourself, truly and fully
- 3) Accept responsibility for your poor life choices instead of continuing to point the finger at others and finally
- 4) Make better choices in mates and in the way you deal with them in the future.

This advice goes for both sexes, but this guide specifically addresses women and dating.

## **Self-Esteem and Dating**

I expand on this more later on in this guide, but I believe that a lot of the crap that women put up with in relationships and friends with benefits situations is simply due to a lack of self-esteem and self-love.

We don't think that we're enough. We don't think that we deserve a real relationship. We don't think that anyone could ever really love us.

But once you overcome these negative thoughts, the world opens up to you—not just in dating but everything in life. When you truly believe in yourself and the power of your womanhood, everyone else starts to believe it too. **Self-love** is the very first step to a real love-filled relationship with another person.

## **You're Single Because You Do "Stupid" Things**

*(Don't be offended, I'm not saying you're a dumb person. My definition of stupid is simply this: having an idea of what is the right way to do something but still choosing to do the opposite. Usually it is due to ignorance, arrogance, brainwashing, insecurity or fear.)*

There is an imbalance when it comes to relationships between men and women. Bottom line, a lot of women have given men all of their power. The media is partly to blame for pressuring women to get married and making them feel less womanly if they don't have a man and 2.5 kids. On the other hand, men prioritize other goals, like pursuing a successful career and adventuring through life.

Men also have a lot of power over women because too many women are simply too emotional, too soon when it comes to love and relationships. We give too much (sometimes everything) but don't demand much in return. Many women are desperate for the attention of men, but most men are not as *openly* desirable of the attention of women. The result is a generation of men who don't feel that they have to do much to get and keep a woman.

I've observed that the power imbalance is starting to shift a bit as more women are starting to make more money, prioritize their careers and focus on bettering themselves. But there are still a lot of women out there who seem to be very confused about men.

The main issue is that women must set stricter boundaries when dealing with men. We can have a relationship while maintaining our dignity and self-respect in the process.

I love men. But I also know that some of them will take what they're offered without feeling any obligation to give anything in return. So if you're offering up sex, attention, home cooked meals, wife-like deeds and your whole heart without first demanding what *you* want, you can't be surprised when a guy takes it all and runs.

You're reading this book because you're tired of being a friend with benefits. You're tired of being "pumped and dumped." You don't want to wake up one day at age 70 hoping that your occasional booty call at the senior home will text you. You want love and the undivided attention of one man who desires you so strongly that he wants to marry you one day. At the very least, you want a serious boyfriend.

Well, to achieve this, you're going to have to get serious about changing

your bad habits when it comes to men. Take the time to marinate on the words in this guide. If you have the audio version, listen to it on your phone, while working, while in your car, while cooking or while working out as many times as it takes to absorb the information.

While the ideas presented in this guide may not apply to every woman, every man or every situation, they ring true for most people who are dating. The VERY first step to changing your relationships is changing your mindset.

*Change your mind, change your life!*

## Key Takeaways:

- ♥ If you have the same results with different guys, time and again, some self-reflection is in order
- ♥ There is a bitter divide between men and women that can be resolved with understanding and taking responsibility for our roles in the mess (both men AND women)
- ♥ Lack of self-esteem is the reason why many women settle for unfulfilling relationships
- ♥ If you think that giving up all of yourself will compel a man do anything more than take from you, you're wrong

# CHAPTER 1:

## Why I Say “Friends with Benefits” SUCKS...

### At Least for Women

**F**riends with benefits (FWB) is a “relationship status” (I feel it is even a stretch to call it that) that I believe is destroying the possibility for healthy connections between young people all over the country. It basically takes all emotion and feeling out of a relationship and only focuses on physical contact. In fact, the only “benefit” of a friends with benefits relationship is sex.

A friends with benefits relationship usually benefits the guy and ultimately puts a burden on the woman.

For one, most people who enter into these relationships are not really friends. In most cases they barely even know each other. There is no real friendship to begin with. In some cases they don't even know each other's last names.

Secondly, being that women tend to associate sex with emotions and men do not, women are almost always hurt when they become friends with benefits. The more sex they have, the more attached they get to the "relationship." On the other hand, the guy is just as disassociated with his emotions as he was the first time they had sex.

Remember the hierarchy of needs for women that I wrote at the beginning of this guide:

**A Woman's Hierarchy of Desires/Needs in a Man**

A Protector

A Provider

A Looker/Lover

A Friend and Confidant



The need for a lover is usually low on that list of priorities (of course the order varies for different types of women, but this is generally the case). I put friends at the end of the list, because women already have girlfriends to confide in. They want a man for other things.

So the bottom line here is that in a friends with benefits relationship, the woman is getting little to nothing of what she really desires and needs from a man.

### **Why Women Get Silly and Insecure After Sex**

You may wonder why women tend to get more and more insecure in the days after a first sexual experience. We start questioning if he really likes us. Will he call? Was the sex good enough for him? Does he now think of you as a slut?

Well it turns out that a biological reaction is involved in this. When a woman has sex with a man her body releases a chemical called oxytocin. This chemical causes a woman to develop an emotional attachment

to the guy she has just been intimate with. Men release this chemical after sex also, but their high levels of testosterone help balance it out, while the estrogen in women increases the effects of this chemical. The purpose of the chemical is to help the two people bond, but unfortunately it seems to be much more effective on women.

This is why FWB or sex on the first date is not a smart idea for most women but it's great for the guy, who doesn't experience the same feelings of attachment.

### **Once You Accept FWB, Hey, It Is What It Is**

If I was asked to bet on a FWB relationship turning into a serious relationship, I'd definitely pass. The chance that this type of arrangement will become something real is not very promising because it has a bad foundation. If you decide to be someone's FWB, you had better go into it with a clear mindset and understanding that "it is what it is" and that's probably all it will ever be until you meet someone new (or he does).

If you are tired of being delegated as a FWB and never a girlfriend, keep reading this guide to understand why it keeps happening and what you can do to stop the cycle.

*Insanity is doing the same thing over and over while expecting a different result.*

### **Are You Really Ready for Love from Another Person?**

A lot of women are looking for someone to love them and complete them.

The problem is, they don't even fully love themselves. How can you expect someone else to love you the way you ought to be loved if you haven't even learned how to love your own self?

Men can sense when you don't have self worth, self-love or self-confidence. The decent ones will leave you alone while the bad guys will take

advantage of you first, then leave you alone, in an even worse state than before.

**CLICK HERE to open a very special LOVE LETTER, print it (PDF), fill it out and post it on your mirror.**

*“You yourself, as much as anybody in the entire universe, deserve your love and affection.”*

*- Buddha*

This guide is not about tricking men or using a strict play-by-play routine to get exactly what you want from men. That stuff doesn't work in the long run.

It's about simply knowing your worth as a woman and prioritizing your needs as a woman. Only when you do this can you begin and maintain a fruitful relationship with a decent man. Only when you honestly believe that you are a prize will men start to believe that you are a prize too.

Women who do not believe in their worth settle for friends with benefits arrangements, booty calls and no titles. They fool themselves into thinking that this is enough. But when he leaves the bed and you're left alone with your thoughts, the truth comes out.

*Women need more than just sex.*

*We also need security and emotional support.*

When you have insight into how men think and operate as well as control over your emotions, you'll relax and look at love and relationships with a much clearer mind. You might even discover that a serious relationship isn't exactly what you want at this very moment in your life.

But if you do, meeting a great man to settle down with and start a real, healthy relationship is a four-step process:

- 1) Deciding that that's really what you want at this time in your life

- 2) Changing your thoughts, words and behaviors so that you can attract more great men into your life if you do want a relationship
- 3) Listening to your intuition and saying “no thanks” to the guys who you know aren’t right for you as soon as possible (I call these guys “rocks”)
- 4) Bonding with one of the great men that you meet along the way (I call these men “gems”), and committing to him (and him to you of course)

If any of these steps are missing, it’s difficult if not impossible to have a healthy long-term relationship with a man.

In the next section I give you a run down of some of my own past relationship blunders, and later on I’ll explain how missing one or more of these steps kept me stuck in the same bad cycle for years.

## Key Takeaways:

- ♥ People in friends with benefits relationships aren't really friends
- ♥ A chemical called oxytocin reacts with estrogen, making women more attached than men after sex
- ♥ Love who you are - fill out the LOVE LETTER to yourself and keep it handy
- ♥ Women need more than sex to be happy
- ♥ There are four general steps to meeting a great man and settling down—deciding what you want, changing your mind toward positive thoughts, listening to your intuition and forming a bond with the RIGHT type of guy

LET *HIM* CHASE YOU





# CHAPTER 2

## My Story

So that you'll understand that I can personally relate to your pain as a chronically single woman on the dating scene, I present to you three situations that I've personally experienced with three different men who eventually dumped or "ghosted" me (ghosting is when someone suddenly stops calling for no apparent reason).

After telling you these stories I will explain in more detail exactly what I did wrong to cause each breakup.

### **The Young Sex-Obsessed Guy**

For a time I dated a 22-year-old guy (I was about seven years older than him at the time). He was really infatuated with me at first and amazed at

how I looked when he finally met me in person. He worked a low paying blue-collar job. He lived with his parents, which isn't that unusual for a guy in his early twenties. I didn't complain.

The first two months that we dated he became so enthralled with me that he actually talked about the idea of getting married. He said my first name with his last name to see how it would sound. He took me out to dinner several times. He would text me early in the morning, like 7am early, just to tell me to have a beautiful day. He called me his princess. We were happy and getting along nicely. I saw him twice a week and talked to him on the phone just about every day.

Then one day he suggested that we finally take it to the next level. Since he lived with his parents and my living situation was also complicated at the time, he suggested that we get a hotel room. I didn't protest.

We continued to talk and date after our first intimate experience together, and then one day I suggested that I pay for the hotel for us to hang out together. I was concerned that he was spending all of his money

on our dating and wanted to make a gesture to show him that I was a “good woman....”

**You want to know what happened don't you? Maybe you've been in a similar situation?**

**[Click here to get the full version of \*Let Him Chase You\*](#) (convenient PDF format) for the full story as well as a complete analysis of what I did wrong in each of the cases I discuss in the book. And while it's loading, check this out:**

**Lynn's 5 Step Process for Attracting a Loving, Real, Long-Lasting and Respect-Filled Relationship with a Guy into Your Life**

1. Ask yourself this simple question honestly: **Am I really ready for and open to having a serious relationship with a man at this time in my life?** You need to ponder if you REALLY want a relationship and for what reasons.

- If yes, proceed to step 2
- If no, take your time, spend some more time with yourself, explore, enjoy your freedom and have some fun in life!

**2. Identify your weaknesses and address each one openly.** You can do this with a trusted friend, a therapist or just yourself in quiet moments. You must rid yourself of negative thoughts and beliefs about your worth as a woman before you can be open to letting an awesome man into your life. You need to exude unbreakable confidence.

**3. Envision the man that you want in your life.** Put him together piece by piece, from his looks, to the way he laughs, to his sense of humor, his kindness, his dedication, his ability to provide and even the way he kisses you in the morning before going to work. Picture it all in your mind. See it. Keep those images there day after day and don't let them go until he materializes in your life. Picture him every morning. Make a place for him in the bed next to you. It may help to create a vision board so that you can remember all of the attributes you want in this man. Be

sure that you're asking for the right things, not just superficial things for the wrong reasons.

4. **Live your life.** Meet new guys, maintaining that picture of the ideal man for you in your mind. Say NO to sex until you have developed a bond, be confident and demand exactly what you want in your dating relationships.

5. Accept your ideal mate into your life.

Also, start to ask yourself these questions each time you are faced with a decision about a man (or anything in life really)

- ♥ How is this benefitting me?
- ♥ Is this going to hurt or help me?
- ♥ Will I feel good about myself?
- ♥ Am I dating this guy for my sake or for someone else's sake (such as a parent or peer pressure)?
- ♥ Am I happy?

Love can and will happen for you. Don't allow yourself to be used for sex or accept friends with benefits arrangements anymore, you can do better. You *deserve* better. You matter. Your needs are important.

Wishing you plenty of love and happy dating!

**[Click here to get the full version of \*Let Him Chase You\*](#)**

*If you enjoy this book or use it to make a positive change in your life, I'd love to hear your story. Please send your review or experience to [lynn@lethimchaseyou.com](mailto:lynn@lethimchaseyou.com). It may be published on my website or blog. Thank you! ♥*

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