

STOP OVERANALYZING HIM

Attraction, communication, and psychology between men and women

WOMEN'S EDITION

*More calm.
More you.
More real
connection.*



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BEFORE YOU BEGIN

This book isn't a manual for "getting" a man. You won't find a universal formula or a list of tricks guaranteed to work. It isn't about how to get him — it's about being calmer, more aware, and more yourself.

It's about learning to stop analysing every message, every word, every silence — and start seeing the whole picture instead. Instead of endless overthinking about details, you'll learn to read context and the actual dynamics of a relationship.

Men aren't one group that runs on the same script. Every man has his own history, values, and way of communicating. That's why it matters to watch context, long-term patterns, and actions — not just single messages or passing moods.

The stories, situations, and characters in this book are fictional. Any resemblance to real people is purely coincidental.

This book is not a substitute for professional psychological help, therapy, or diagnosis. It offers inspiration, fresh perspective, and food for thought that may help you understand yourself — and your relationships — a little better.



BETTER RELATIONSHIPS START WITH YOU.

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CHAPTER 12

Stop Trying to Convince Him to Want You

The most exhausting job in the world: pitching yourself as a product.

Leah put together a list. Twelve reasons she'd make a great partner: she can cook, she's reliable, she loves the mountains, she's independent but also caring. When Vincent said he "still wasn't sure," Leah sent him that list, dressed up as a casual email.

Two days later, he replied: "Leah, thank you, you're amazing, but I just don't feel it."

Leah felt like she'd submitted her résumé and gotten rejected. And yet this was never a question of qualifications.

Attraction Isn't a Job Interview

Maybe you've told yourself this before: "If I show him who I am, he'll see I'm the one." So you bring gifts. Gestures. Explanations. Help. Arguments. Justifications.

And it doesn't work. Not because you're not good enough, but because **attraction isn't born from arguments**. You either feel it, or you don't. It can't be proven like a maths equation.

The harder you push, the more the other person feels like they need to defend themselves. And the less room there is left for spontaneous interest. It's not that you're "too much." It's that interest which has to be extracted isn't actually interest.

WHAT ARE YOU MAKING UP RIGHT NOW?

"If he knew who I really am, he'd want me."

Maybe. But he might not. And if he doesn't, it's not because you explained yourself badly. It's because the chemistry or the timing just isn't there. And no list is going to give you that information.

Time as Information

If it feels like you've spent months **proving why he should want you**, you're solving the wrong problem. The right question isn't "How do I convince him?" The right question is: **"Does he want this too?"**

Interest that has to be won over the long haul usually isn't a foundation for a relationship. It's an exhausting project where you're the only employee.

TRY THIS INSTEAD

INSTEAD OF

Sending an essay titled "Why You Should Give Me a Chance."

TRY

"I like you. I'm open to trying this. If that's not how you see it, I understand."

INSTEAD OF

Trying to talk him round after he's said no.

TRY

Let it go, and put that energy toward someone who returns it with the same energy.

WHAT A FRIEND WOULD TELL YOU

If a friend told you she'd spent six months explaining to a man why he should want to be with her, you'd probably tell her, "He deserves — I mean, you deserve — someone you never have to explain that to." The same goes for you.

DON'T OVERTHINK IT

Say it once, clearly. Then watch what happens. Not ten times, not with a list of arguments. You're not persuading. You're asking.

WHAT TO TAKE WITH YOU

Attraction isn't a pitch. You can't argue someone into it. If you've spent months proving why he should want you, you're probably better off looking for mutual interest elsewhere. Every one of us deserves that.