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# INTRODUCTION

**C**onfident, reliable, handsome, a good provider, a good father, smart, funny, **honest**. You probably already have an idealized image of the man you want in your life. You try to find him, you truly do, but more often than not, what you find is not even close to what you imagine.

You can't stop here though. Quitting is not an option. Finding the right man is as much in your hands as it is in the hands of destiny. You deserve a happy life and there are ways to bring happiness into your life. In this book we will concentrate about the small changes you can start making right away in order to improve your chances of finding and keeping an honest man ten-fold.

## ***What exactly is an honest man?***

This question ponders in the mind of every woman out there. We all had our fair share of disappointments and started to lose hope and think that there might not even be a single honest man out there.

You might have given up on finding perfection. You are right, there is no perfect man out there and there does not need to be. You are not perfect either and you know that, so why would you expect that from anyone else? But that does not mean that you should stop looking for the kind of man that has the qualities that you admire the most. Who knows, maybe one day soon you will find the man whom you will choose to be your companion for several years or even the rest of your life.

In the end, we all want more or less the same thing. We want someone who does not lie to us, someone who has the courage to look us in the eye and tell us the truth. A man who is man enough to admit his feelings and stand by our side when we need it the most.

Communication at all levels and trust is essential in order for a relationship to work and that is simply not possible with a dishonest man. We can take a lot, but lying is the only thing that we cannot accept.

We all make mistakes and we can understand them and even forgive them. Even when we think that we cannot forgive again we still find the strength to do it, especially for the man we love and want to have by our side for the rest of our lives.

***Honesty is not a singular thing.*** It can be perceived in several different ways. It is a general term that has many definitions. Understanding and identifying all of them is the key to knowing what to search for. What does honesty mean in a man? That is a question you must ask yourself frequently, because each and every one of us values different things.

A man can be **honest with you**, which means he is sincere, which is probably the most important quality of all. Lies destroy relationships, marriages, friendships and fundamentally any meaningful human relationship. You cannot go past lies. As much as truth may hurt sometimes it is always appreciated as a form of pure humanity and it is the best quality you can find in someone. We appreciate sincerity because we know how hard it is to tell the truth and that it requires great strength of character. Sometimes it is the hardest thing in the world although it does come with a great feeling of liberation. We know from experience that in the end we can always accept the truth and that lies, even well crafted ones, always find a way to the surface and when they do it hurts.

A man can and should be **honest with himself**. Lies do not harm only the people around us. They harm us just as much or even more. As a matter of fact the lies we tell ourselves can have a terribly negative influence upon us and indirectly they can make us hurt other people. Not taking care of your health is the result of lies that you tell yourself. Not seeking for help when you need it and not taking the right decisions is a result of well-crafted lies. By not lying to yourself, you can grow, learn and take a lot out of this life so you can become a complete human being that is able to love and be loved. A man who is honest with himself will always find strength to go forward and will most probably be a great, positive influence in your life.

He can be honest in the sense of **being fair and with a strong sense of duty and righteousness**. You don't want a crooked man. You don't want a man without principles whose sense of duty can barely be taken into consideration. It gives you balance and peace of heart to be near a man who is always fair, a man who can weigh all the options and possibilities and always choose the right one. You want a man who knows what his duty as a man is and will go through anything to do it. This is the kind of man that will be the pillar of a home and the kind of person you can always rely on. He knows when he has done wrong and will do all he can to repair what he broke. He is a man with a set road in life who knows where he comes from and where he is heading.

He can be honest in the sense of **fidelity**. There is no woman who does not want a man only for herself. And yet, we know how most men are sometimes. The good news is that men can be loyal, but that also depends on us.

He can be honest in the sense of **being authentic, congruent and genuine**. Nobody likes a hypocrite, a false character that wants to appear to be something else. A genuine man is comfortable with who he is and will act in a confident and natural manner.

# Why are Men Dishonest?

**T**o be able to understand and recognize honesty you must be able to understand why men are dishonest. What are the exact causes that make a man dishonest?

Here is a list of a few of the things that might push a man to be dishonest:

1. He thinks he can get away with it.
2. He feels the truth will hurt.
3. He just does not know any other way.
4. He thinks honesty does not bring anything good.
5. He is not aware of the amount of emotional damage dishonesty can bring.
6. He is afraid of being honest and of the consequences.
7. He is afraid of expressing his true feelings.
8. His expectations were deceived and does not think it's worth being honest anymore.
9. He feels his honesty will not be rewarded or received well.
10. He does not realize he is dishonest.

This is just a short list, but what is truly important is that there are rarely men who are dishonest with everyone and those are the kind of men you don't want in your life anyway because they will only make you unhappy. Truth is liberating and men are also seeking for a person with whom they can be completely honest.

When you lie, your body language will reveal a person who feels guilty about lying. You will take a defensive pose, your hand will go to your mouth as if it would like to stop you from telling a lie and generally, your whole body goes through a shaking process even if it is very subtle and sometimes can only be observed by experts.

**Honesty is a natural state** we all crave and which cannot be denied. It is a part of us. Dishonesty is a result of the hardships of life, which include the ways other people treat us.

As hard as this could be to admit we bear a certain amount of guilt when a man is dishonest. How many times did you overreact to the truth that a man decided to share instead of appreciating the fact that he actually was honest? How many times did you fail to truly

listen to your man and understand how he feels? Were you honest all the time? Did you show him how much you appreciate him?

I bet the answer to at least two of those questions is negative. There is no use in blaming yourself. Asking yourself those questions is just a mean to find a starting point from where you can improve. Your future self will be different and will know how to act and what to do to find and keep an honest man. Every relationship is a two-way street and while we believe that every relationship can be saved, that can only be possible if there is willingness on both sides.

### ***How to handle a dishonest man***

**Dishonesty should never be accepted** as it only seeds more dishonesty. However, you should make an effort to understand dishonesty and its causes

and start a careful healing process. Sometimes it is better to move on than to suffer the hardships of being with a man that cannot be honest. If you value honesty, you should always try to find what is best for you and not accept anything less.

The way you should handle a dishonest man depends a lot on how much effort you are willing to put into changing him and figuring out if his dishonesty is just a result of certain circumstances, which could be changed. It is equally important to identify a completely dishonest man, who has been like that all his life and will probably not change. Unfortunately people do not change or, if they do, it is only after long periods of time or after a significant event in their life. Your life and your happiness is equally important and you should not just lay around waiting for miracles to happen.

# Where to Find an Honest Man

**T**here is no map or specific direction for finding an honest man. There are no fixed rules or steps to follow. That should be clear. Even Diogenes the Greek Cynic went on the sunlit streets of Athens with a lantern in hand in the search of an honest man.

Having the right expectations in life and in dealing with men (or better yet, having no expectations) is the best way to stay, if not happy, at least content. Moreover, men can be deceiving and whether you have your part of the blame or not is really not important as long as the outcome affects you in a negative way. Accept the fact that people can change and an honest man can turn into a dishonest man or that a dishonest man can appear, at least for a while, to be honest and trustworthy.

With that in mind let's see what are the three places where you would be most likely to find an honest man.

## The 3 Places Where You Are Most Likely to Meet an Honest Man

This is not to be a definite list and do not think these are the only places where you could possibly find an honest man,

but more like places where the chance of meeting one is greater. Try to choose the kind of place or event that you have even a remote interest in as you will enjoy it more and you will have something in common with the men that go to these places.

### 1. *Entrepreneurship-related events*

This may come as a surprise as there is a certain association between what happens in the business world and dishonesty, but while that may be true there is a need to draw a line between entrepreneurs in the business world and entrepreneurs as lovers and family men.

This is a special breed of men and they come with both qualities and defects. There is no room for generalization, but there are certain qualities that you can find in these types of people that make it worth the trouble.

Restless and ambitious, entrepreneurs always want more from life. They usually had to take care of themselves since they were very young, had to make it on their own and know that they would never make it in this world without the help of other people. They had to deal with many kinds of people and in time they learnt how to keep those of value around them and you cannot do that without learning to be honest first. They appreciate honesty

as they expect it from their employees and as long as they are not deceived they will offer honesty in return. They are confident and will not stop until they get what they want. Conflicts and differences of opinions appear every day in their life and they learnt how to deal with them and find common ground with anybody.

Entrepreneurs value their time and are obsessed with productivity. They might spend a lot of time working, but you would be better off with an honest man that may spend less time with you, but knows how to draw the line between work and private life, than with a man that spends a lot of time with you, but is not honest or trustworthy.

Running a business shapes the character of a man. You have to have the integrity necessary to stand up for your ideas and keep going even when all things seem to be against you. They are successful and wanted by many women so you need to learn how to keep them forever in love with you, but they can be very loyal if they find the woman that they think will stand by their side and will support their ideas and ventures.

Entrepreneurs are rare birds, as they are working on their business most of the time, but there are plenty of entrepreneurship related events that you can join in every big city. Don't limit yourself to these type of events. Think about places where business-owners could go and try to find a reason to go there. You also interact with busi-

nesses every day, buying services or products and someone started those businesses, so figure out a way to meet "the manager".

You don't have to be an entrepreneur yourself and you don't even have to know business. More often than not they will be looking for someone with whom they can talk about something else than business so you can use your natural charm to get them hooked.

## **2. *Self-development seminars or workshops***

Self-development seminars or any kind of workshops of this kind are great places where you can find honest men.

Actually looking up these types of events and going to one of them means that you were honest enough with yourself to understand that you lack some kind of skill or that something needs to be solved in your life and you decided to seek help and learn. Don't fall into the trap of thinking that men that go to these events are weak. On the contrary.

Everyone has problems and nobody is perfect, but most people lie to themselves and want to think that everything is perfect just the way it is, which in most cases is far from being true. There is always room for improvement in every aspect of life.

In your life you will probably do well by having by your side a man who is always looking to improve himself and find better ways to do things. This kind



of man will have the vision and clarity to identify whatever problems you encounter as a couple and try to figure out a way to solve them. Men who go to self-development seminars are able to learn any skill or subject by themselves mostly because they have a willingness to do so and great ambition.

What's so special about these men? Just think about yourself for a minute. You are a special person. You realized you could do something better in your life and you decided to look for some guidance and, as an example, you are now reading this report in order to learn how to find and attract the right kind of man in your life, an honest man. You stopped lying to yourself that everything is ok and now you are willing to grow and learn. You are an honest person and this is exactly the kind of person who is open to self-development materials.

A man who wants to develop an aspect of his life is a man that is able to be honest with himself and this type of person will appreciate honesty and will be able to receive it, be grateful for it and offer it properly. He will know the value of it and will put it into practice and that demands a lot of courage, because sometimes telling the truth and putting your soul on the table can bring consequences that you must be prepared to handle. More often than not, men who go to these events have suffered from the dishonesty of other people and do not want to cause pain to others. They will be

confident men that are not afraid to admit their faults.

There is a wide range of self-development seminars and workshops and you could surely find one that may appeal to you. Attending such events will be a huge leap forward for you and you will be able to develop and grow as a person as well. It is also amazing when you find someone who wants to improve in the same field of life as you and the experience of getting better and better together will be very rich and fulfilling.

### ***3. Events or activities that involve voluntary work***

You have to have a good, warm heart to find the time to do voluntary work. We all know that time is the most valuable asset that we have and that we have to spend it wisely. A man who undertakes voluntary work is a man that knows the true values in life and is willing to put an effort into preserving them. Doing something for other people, the nature or the Earth means doing something of value with your life. How can a man like this be dishonest? Honesty is what he lives for and most probably cherishes it more than anything else.

A man who finds the time to do voluntary work is a man who will be able to put the time in making a relationship work because he knows that nothing can be taken for granted and that if you want a good thing you must work for it.

By nature, voluntary actions attract people with strong principles and a good idea of what they want out of life. These kind of people have seen a lot of suffering in their life and know that dishonesty and ignorance can be lethal weapons. They are not afraid to tell the truth no matter what could be the consequences as they know lying can do even more harm. A man who does voluntary work has reached a point in his life when he value more than just material things and cares deeply about people around him and humanity in general.

While events that involve voluntary work are perfect for finding an honest guy, keep an eye open the occasional dishonest hypocrite that does voluntary work for the wrong reasons. Try to avoid this type of character.

There is no difficulty in finding voluntary work on the internet or events of such kind. You will have to embrace the idea and maybe do some voluntary work yourself. There is a huge variety of voluntary work starting from teaching children to traveling and working in local communities or getting yourself involved into massive voluntary actions that have the purpose of preserving the Earth somehow. Whatever you choose there will be a big chance to be a part of a team where you will find men who love doing good to others.

A word of warning though. Some of the voluntary events can involve some danger and can be pretty challenging.

Don't go out of your way to go these kind of events only to meet a man. It has to be something that appeals to you. Meeting someone there must be a secondary goal, a bonus if you like.

### ***Bonus***

#### ***Places where is very unlikely to find an honest man and why to avoid them.***

##### ***1. Bars and clubs***

Guys that go to bars and clubs to meet women tend to be on the search for a fleeting relationship. They can be fun and attractive, but the club or bar could be their playground and they may be used to lying to get what they want. Of course, this does not mean that honest men do not go to clubs and bars, but your chances of finding one there are very slim.

##### ***2. Hotels & Hostels (Or anytime during your vacation)***

For a relationship to work you have to set a healthy foundation. If a relationship starts, with dishonesty it will most likely continue that way and it is very hard to fix something that it is already broken. Few people go in a vacation to meet the love of their life. Vacations and excursions are for fun and dishonesty settles in quietly and without instilling any feeling of guilt. Have fun, but don't deceive yourself into thinking that you are very likely to find an honest man during your vacation.

# The 5 things You Must Do to Keep A Man Honest

**Y**ou are more influential and more powerful than you might imagine. A woman's charms are not famous for nothing.

There actually is a powerful woman behind every successful man even if they do not want to admit that. The way you behave will directly influence how your man will behave. In his rudeness or dishonesty, a man will go as far as he sees he can and is allowed to. Powerful women know how get the best out of their men. Below you have 5 very powerful tools, which you can use in your relationship in order to be able to keep your man honest.

Take each one and see how it could be applied to your life. Have you been applying these principles so far or are they rather new? How easy would it be to apply each principle in the next 3 days? Think of creative ways to do it and make sure you pay attention to the response you will get, which might not be immediate, but will surely come at the right time. Look for subtle indications that will show you that you are on the right track. Once you start noticing that it works keep doing what you are doing and things will only get better.

## 1. *Be Honest*

You cannot receive what you cannot offer. The principle of reciprocity is one of the deepest and most powerful principles

that are embedded in our way of being as humans. It has to be that way in order for the society to work and it has been that way since long before we can remember.

The principle of reciprocity implies that you reward a positive action with another positive action and this is more powerful than you think. Even when someone gives you something or does something for you and specifically tells you that you **do not need** to return the favor you still feel that you have to. This is because indeed, you do not need to return the favor, but somehow **it is expected** of you to do it, maybe not right away, but at least after a while or when the right moment comes. And the whole process is mostly something that you not necessarily think about, it is something that just happens. When you receive something, you feel somewhat obliged to offer something in return.

This can work in your advantage.

This principle does not work only with objects, services or favors. It works with anything that we perceive to have some value. We are actually offering and receiving added value and there are infinite ways to define that. It works in the negative way too. If you feel that someone does you harm, you will want to offer back the same treatment. It is called revenge.

So how can you use the reciprocity principle in your advantage? First of all

you have to identify what you want to receive, in this case honesty, and begin offering it. That simple. At least in theory.

Starting to be honest especially when you don't really feel, at least in the beginning, that the other person is fully honest with you can be pretty hard. You will feel that you might be wasting your time, that you are putting too much energy, and that you should wait for him to show that he is honest before you start doing the same. However, this is a downward spiral that only leads to failed relationships. Most of the time your partner will think exactly the same.

Someone has to start to think straight and steer the relationship on the right path and if you really care about the relationship, you must make the first step.

Now, you may be one of the lucky ones and you may have already found a truly honest man. The principle of reciprocity still works. Like we said before, if he offers something, at a deep subconscious level, he expects to get something back and in this case it means getting back exactly the thing that he is offering. If he will slowly realize that he is the only honest one in the relationship, he will soon stop to be that way.

Being honest is rare nowadays and don't think that a man will not appreciate that. We live in a perverted society where we have to struggle to get by and have to deal with all kinds of negative influences and emotions. We have learnt to protect ourselves by building an imaginary wall

between us and the others. We think that that wall protects us, but it actually does us more harm by inhibiting our capacity to offer and receive love.

By the time you reach a certain age you have been hurt so many times that now it is hard to be able to trust and truly open up to other people as you would like to be able. All this is understandable and it is not your fault, but you must understand that not being able to let go sometimes will lead only to dysfunctional relationships. As human beings, we need to receive physical and psychological warmth. We need to be embraced mentally and feel in deep connection with someone else. And who is more entitled to receive your warmth and your love than your man, your lover? This need is as true for men as it is for women and any man will recognize the value in finding a truly honest woman because that will allow him to be honest as well, a liberating feeling.

While it may be hard to be honest or even completely honest from the beginning, the good news is that it has such a powerful effect that you will not need a long time to gain the trust and honesty of your partner. Oftentimes a few doses of honesty in the most intimate moments will cause a click in the mind of your partner and before you know it you'll have him open up to you. What to do once you have managed that? Well, just follow the other advice we give in this book.

Another way to get a man to open up to you is to share your feelings with him.

Men are not mind readers and he will appreciate knowing what is in your mind if you do it calmly and patiently.

If at any point you feel that you should stop being completely honest or if you feel yourself gliding away from this path ask yourself why this happens and take a moment to analyze if your reasons are right. You may be judging the behavior of your partner lightly and taking what might be just a bad, but short period in his life, which he will recover from, as a sign of permanent dishonesty.

It is equally important to be honest with yourself. Use that honesty to figure out if you are still your own woman or if somewhere along the way you gave up your own dreams and hopes and centered your life around your better half. Don't let your life consist only of time spent with your man. Choose your own path. He can be there with you or you can both have more or less the same path, but make sure that if there will be a break-up you will not be completely devastated. You don't have to expect one, but simply acknowledging that that could happen will help you keep the relationship healthy.

Also, be honest about the way you behave or the way you look. You may be able to lie to yourself successfully, but other people, especially your man will not believe the same lies. If you need to improve a certain aspect of your life, don't just wait for it to resolve by itself. Make a decision to do everything that it is in your power to solve it and take immediate action.

The most important thing is that by being honest and offering this gift to your partner you will understand that honesty is not easy, that it actually requires a lot of effort and support from your man. You will then understand the true value of honesty and immediately, even without a conscious effort you will create the perfect conditions that your partner needs in order to be honest.

## ***2. Show him your appreciation in carefully thought doses***

As human beings, we respond very well to appreciation. Dale Carnegie said that one of the deepest desires of humans is the desire to feel appreciated. All kinds of bad habits and illogical behaviors can come as a result of the lack of appreciation. An honest man can easily be transformed if he does not feel appreciated and can be greatly motivated if he does feel appreciated.

When you see that someone truly and deeply appreciates you then you cannot help but like that person and you will want him or her around you more often. Moreover, you can't do harm or be dishonest to a person who has such warm feelings towards you. Appreciation can transform even the coldest heart or the coldest character. It is like a magic wand that you can use to create a better world person by person.

It is not hard to show appreciation. Simple words can convey more than endless monologues. Even smiles, hugs and simple gestures can show someone that you have



a deep feeling of appreciation towards him. You will give your man strength beyond imagination with your sincere feeling of appreciation and he will undoubtedly respond with the same feeling along with honesty and love.

Think of the things that you truly appreciate in your man. It can be anything starting from the way he behaves in certain situations to the way he makes you feel. If you really love your man you will find an endless list of things that you appreciate. Once they are clear in your mind start verbalizing them. Tell him what you appreciate about him and we guarantee that the response you will get will pleasantly surprise you.

Everything has to be done with measure though. You definitely don't want him to take you for granted. Show your appreciation in carefully thought doses, not exaggerating with it, but often enough in order for him to feel that you care.

Plenty of marriages fail not because the husband and wife do not get along anymore, because a lack of passion, poor sex or other problems. The deep, underlying problem is the fact that one of them does not feel appreciated anymore. This leads to arguments and emotions escalate until the two just cannot bear it anymore. The lack of honest appreciation is also one of the reasons why men cheat on their wives. They find that another woman appreciates them more and go to her.

It is very important that every time you

show kindness or appreciation to do it because you truly feel that way. Never do it because you expect something in return. The instant a gesture is not done voluntarily and with goodwill, the other person will feel it. This is just the way it is and you cannot hide it. Do not even try, because even if men are not so attentive to details these kinds of things are easily noticeable. Any gesture of goodwill and appreciation that is done with the only intention of offering love and without any expectation will surely be rewarded, but that must be a product of the works of the universe, not something that you are expecting to happen.

Busy with our job and daily problems we forget that we have someone in our life who has this inherent need and it is not just about our men. Every member of our family and even our friends feel the exact same need. Everyone. Even you.

Analyze yourself for a minute. Ask yourself if you feel truly appreciated by the people that are around you. If you feel you are taken too much for granted make sure you let the ones close to you know that. More often than not they are just buried in the common problems of life and do not even realize that they fail to offer something that requires so little effort, but that is so valuable and could have the potential to make you a lot happier.

This is one of the greatest secrets of maintaining healthy and thriving relationships. Remember this when you are dealing with your man. You can use this tool to make

sure that your man stays honest and that he will be by your side forever.

### ***3. Know when to stop talking and start listening***

A man who truly listens is a rare, but what makes us think that we also know how to listen properly? The ability to truly listen to someone is not innate and while women in general have greater communication skills than men that does not mean we know 100% how to communicate with our man. The first thing you have to truly realize is that the ways men and women communicate are somewhat different. While we express tons of emotions and feelings and can sense them in what and how the other person is communicating men have a more straightforward, logical way of doing things. This is just how they are hard-wired to behave.

We love to talk! We can admit that and sometimes we might not even stop talking and we have a good reason for that: communication is always a powerful bonding element and most of life's problems can be worked out if there is proper communication between two people and willingness to solve those problems. But in our willingness to talk we may forget to listen as well. We don't have to respond to every single sentence the other one is saying. Sometimes just keeping quiet will make the other one open up more.

#### ***Practical Exercise***

Try this simple technique to understand the power of not talking.

The next time you are with a good friend

or even a stranger (as a stranger cannot see the difference between the talkative you and the non-talkative you) try not to speak for more than 5 minutes. It is preferable to be just you and the other person and in a setting that would encourage communication, for example when you are out for a coffee with someone.

Try not to do it right from the beginning as that would probably lead to awkward moments, but after a while just stop talking. Don't just check your email or send a text message. Instead, pay full attention to the person that you are "talking" to and even put on a smile. If the other person stops talking you will feel a strong desire to fill the silence even if only with fluff talk. Fight that feeling and don't say anything, but make it obvious that you are there and willing to listen.

If you can fight the urge to talk you will soon find that the other person will start talking. Don't answer, or answer in brief manner even just by using body language. Continue keeping quiet. You will find that the other person will start talking more and more and most often than not revealing more things about him or her. This way you will be in a true position of power as you will know more than your partner.

Now this is just a technique to use in order to understand that leaving some space for the other one to talk is important. Do not use it every time or you will come across as non-communicative or just plainly odd.

### ***Understanding the "male code"***

Men are strange creatures. They like silence and direct, straightforward com-

munication without too much verbal decoration. If you are a talkative person, they will let you talk while they go somewhere else in their mind. Most of them are not great listeners as well. But when a man starts talking willingly more than usual, take it as a signal and start listening, which means learning to shut up and speak only to encourage more communication from your partner. Oftentimes if he is willing to talk more, it means that there is something on his mind that he thinks is really important and he is on the verge of sharing it with you.

It is equally important to know when to back off and give your man some space. Don't let it reach that point where your man has to fight for his time alone because that will come back at you in the form of resentment and frustration. It will be more likely that a man will want to stay besides you if he doesn't feel stranded as he will not have the desire to escape (as there will be nothing to escape from) so there will be no need for dishonesty.

Now, you being able to listen to him will help you in several ways. He will soon find that you are the kind of person he can talk to and you will become his confident and he will turn to your when he wants to talk about something that bothers him which will make him open up to you even more and get attached to you. He will also start to appreciate you more and will find no reason in lying or hiding things from you.

It is not just about listening, but understanding the meaning of his words in the right way. Ask questions and make a pause before

answering. Think about your response thoroughly because the way you will answer will either make him want to share more or stop talking and refusing communication. Remember that escalating emotions and slowly leading the way to an argument will never lead to finding a solution to any problems that you may encounter.

Men are tired of women who speak too much. They dread that.

Alan Pease said in one of his presentations that women need to speak every day about 15000 words or more while men need to speak 10000 words or even less. That means that by the time a woman gets home in the evening she only spoke about 10000 or 11000 words which means that she still has a lot to more to go, while a man just about talked all the words, so he will be inclined to be quiet and resume the counterpart of the ancient habit of staring in the fire: watching TV or reading a magazine. The misunderstanding of this concept can lead to arguments that create tension and can cause both you and your man to feel inhibited and barrier in communications may appear. That is the first step to dishonesty.

Learn to interpret his silence and learn to be silent from time to time.

#### ***4. Don't judge and never betray his confidence in you***

Do you know why in life we have just a handful of very good friends and a bunch of acquaintances? Apart from the time we invest in the relationship and the fact that you may like some people better than others a very important factor is if you



feel someone judges you or not.

Even if you don't care much about what people think about you or what they say about the way you live your life you still have a deep, and maybe unrealized, need to feel accepted if only by a few people. Not being judged gives you the liberty to truly do exactly what you want in life and speak your mind.

Try to remember the last time you had something on your mind or had doubts about something that you desired or something that you have done. You probably reached to one of your close friends, a person you knew would not judge you, to talk about it. Try to remember how you felt when you talked. It was probably something along the lines of freedom, trust, openness and honesty.

Why wouldn't you be honest with a person that does not judge you? Only when someone does not judge, you can start to truly open up and express your feeling and thoughts. That kind of honesty is exactly what all of us want in a man, but we cannot expect it if he thinks that we judge him. Men will quickly hide their emotions and thoughts under a shell and will refuse communication if they feel they are judged.

But how do you stop judging people? To be able to be that open-minded you have to realize that there is no right or wrong way of living life, that there are only choices. Even more important than that is the fact that we all have our reasons for acting in a certain way and probably, if you were to put yourself in the shoes of other people

you would act exactly the same. That is the key: being able to put yourself in the other person's shoes and trying to see their point of view also. Actually, this could be the most important piece of advice in this whole book and applying it starting now might even change your life. If you are able to make a habit out of making a true effort to understand why the other person acts in the way he acts, then you will be much better off. This process sounds complicated and long lasting, but after you truly learn how to do it and integrate it as a part of yourself it will only take you a **few seconds** to go through it every time you have a social interaction with someone. These seconds that will not be noticed by the other part, but they are seconds that could improve all your interpersonal relationships.

So try to understand your man and never judge him or, at least, never give that impression and you will not only have an honest man by your side, but a best-friend willing to share all his secrets and deep thoughts and also be more than happy to hear yours.

But not judging is not all and it is in close connection to being a trustworthy person. You already are aware that trust is a fleeting thing and you can lose it in a second. It is a valuable asset and has to be guarded by any means. If a man trusts you, he will be like an open book to you. Why would he hide things from you if he knows he can trust you and that you have been always by his side?

You can definitely get to the point where a man trusts you. It will take some work, but you will get there. The hardest part is keeping that trust, because if you

betray that confidence just once you will probably lose it forever. Even if he says that everything is all right, it will not be. Something will break inside of him and a red flag will rise causing him to hide things from you and, maybe even unwillingly, being dishonest. You are the same. You can find the same behavioral pattern inside yourself so you should be able to easily understand this concept. So if you do have the trust of your man, make sure it stays that way and don't act without thinking about the consequences first.

### ***5. Reinforce the true values in life and what is truly important in a relationship***

This is more a teaching by doing kind of thing. A woman's role in a relationship is extremely important. While a man can bring the element of stability, calm and reliability, the woman will oftentimes carry the weight of the relationship on her shoulders and lead it on the right way, or the wrong way.

Your role as a woman is to keep the emotional balance in the relationship and maintain the harmony in your home. You have the right abilities, the sensitivity and the intrinsic sixth sense that all women possess in order to accomplish that and you bring a tremendous amount of value in the relationship.

A relationship or a marriage is a sacred institution and it is based on one of the most valuable things in life: the connection between two people, be that love, attachment or friendship. You could lose all the material assets or go through living hell,

but it would still be a lot easier to bear if you had someone by your side. You are never alone if you are amongst people and you can never fail if you recognize the importance of having people in your life. There is no battle you cannot win if you have someone by your side who is your anchor when the seas of life are agitated.

Both men and women recognize this great truth and that is one of the reasons why we naturally find someone whom we can spend the rest of our lives with. We don't want to be alone. Loneliness is one of the things we dread the most and the trick is that every long-lasting relationship is based on trust and honesty.

Unfortunately the world we live in can sometimes influence us in a negative way and we forget the true values in life and what is truly important in a relationship. We forget to care about people, we forget to listen, to hug, to kiss and just to be there for the other person. We tend to care more about careers, money, about our car or house than we care about the person we share a bed with each night. Our time on this Earth is limited and yet, sometimes we tend to pay more attention to objects that do not have a mind or a soul than to the people around us. It is said that we need at least 5 hugs each day, but sometimes we barely let out a smile.

This ignorance can often lead to dishonesty in both men and women. When you do not realize how important the people in your life are, you do not realize that your dishonest behavior and the decisions you make will have a negative effect on the people that you love. When you finally

realize what you have done and open your eyes to see the damage that you have caused it might be too late. Dishonesty can be a weapon and it leaves deep cuts in the soul of any human being. Ignorance and dishonesty go hand in hand.

Everybody falls into this trap from time to time and what you really need is to be able to realize when things go out of the normal path so you can take action to correct them. As you read these lines try to think when was the last time you really shared a truly intimate moment with your partner. A moment when there was nothing else in your mind than the deep connection between you. A moment when it was not about receiving attention, but about giving love and warm energy. These moments are the materialization of deep and honest feelings of love and care and if they lack from your relationship it means that something needs to be done.

An honest man is a happy man and a happy man is a man who appreciates what he has in life and sometimes to make him understand that you need to be a bit harsh and even make him realize how life would be if he lost everything that he loves.

Men are emotional creatures even if they do not want to recognize it because they think that doing so will make them look weak. By making him understand that the relationship you have is a place where he can always be himself, where he will always find comfort and understanding no matter what happens in rest, you will win him by your side and nothing will ever be able to take him away from you. First try to really understand what is

important for you in life and how big of a deal is to have someone who is close to you and whom you can talk to, then try to remind your partner about this. It must not be done in a verbal, scolding way, but more by using body language and subtle ways of communicating which will be picked up at a deeper level.

When you do this, you will notice an amazing thing. You will start receiving the same amount of love you put in or even a bit more. **Be there for him in the times when other people vanish from his life.**

Don't think you necessarily need to be able to help him in a practical way. Your mere presence and psychological support will give him the confidence and integrity he needs. Your constant support will remind him about what is truly important in his life and that is you. He will then be able to keep his integrity, be fair and will have the power to be honest with himself.

The world is full of temptations both on professional and personal level and a man who does not feel that he has roots, that he has a place to come back to every time will be more inclined to give in to those temptation. But if he feels that behaving in a dishonest way will destroy what he already has and he finds of great value that will give him the strength to fight any kind of temptations and be loyal to you, his principles and his core values.

Don't be afraid to be brutally honest from time to time. That is what friends do and he must find in you more than a lover, he must be able to find a friend.

# CONCLUSION

**T**he right man is out there for each and every one of us. We know it's not going to be that easy to find him, but as for everything good in this life we must put some effort into it.

We must start with a change. We have to be honest with ourselves and understand that we have a saying in what happens to us in life. When there is a problem or when we desire something we have to stand up on our feet and start working towards that goal. It is no different when it comes to the people that we have in our life. Believe it or not we will also attract people that are more or less like us. Our behavior sends a clear message out there and that message will be interpreted by others.

Have you noticed that you feel strongly attracted to some people without being able to pinpoint the reason while you can't stand other people without knowing the reason either? Have you noticed that with some people you might behave in a mean and slightly arrogant way, just because they allow that and that with other persons in your life you are honey and milk and would never even imagine lying to them or doing anything that would harm them? There is a simple explanation for all these. The way we act and the way we interact with other people will have a direct effect on how they will treat us and how they will act in our presence. We can shape our life, but we have to have the power to start with ourselves because this is the only thing we have complete power upon. Even small changes that you make in your life and in your behavior will be reflected in small or even huge changes in the way others perceive you and act around you. Experiment this in your life. Try to identify one current problem and make small changes. Pay attention to the feedback you get.

How does this connect with finding an honest man and keeping him that way? It's as simple as doing something wrong at the moment and getting the

unwanted results. Maybe you are frequenting the wrong kind of places where there would be no possibility to find a truly honest man as those places attract a certain type of personality. Maybe you found an honest man, but by making some minor mistakes which we are all prone to do that man slipped on a wrong slate and started being dishonest. This is no reason to be sad or complain. Now that that you know that you have complete power over what happens to you there is time to do something about it. You could start changing your life starting right this instant.

Understand what type of man you would like to have in your life. Take some time to be alone and think about all the traits that matter you and what you perceive honesty to be exactly. Maybe you want a man that would never lie to you or maybe you could accept small lies, but you would not want your man to cheat on you ever. Maybe you value integrity more. Take a moment and define this, because only once you know what you want you can take the necessary steps to transform it into reality.

After reading the advices and principles presented in this book you probably got a good understanding on what are the changes that you could start making in order to find and keep an honest man. Take those principles and try to integrate them into your behavior. Make a plan to frequent the places where you could find an honest man and avoid the ones where is less likely to.

**Finally, remember that sometimes good things come when you least expect them. ■**

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