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The No.1 Flirting Must

...it's so simple and we can all do this

Flirting may seem complicated, or scary at first, but it's simple really when we go back to what it actually is. Flirting is simply expressing an interest in others through non-verbal and verbal actions.

Flirting is partly biologically determined and subconscious and partly cultural. The best thing of all? Flirting can be learned!

Flirting is a verb, so it involves an action. We actually have to do something in order to flirt and make something happen. If we don't flirt, nothing changes. Therefore, if we want to get to know others, and express our interest in them, we have to flirt.

Flirting can involve: displaying and reading body language; making and returning eye contact; making and receiving compliments and dressing to indicate you are attractive and interested in getting to know others. However, none of these flirting techniques will have any effect if you wear a scowl or unpleasant expression on your face. So the number 1 flirting MUST is...SMILING.

Without smiling, flirting is not possible. Wherever you are and whatever you do, remember to SMILE.

Even if you are worried, pre-occupied, stressed, hurt or starting to become desperate, and you do not feel like flirting, everyone can smile! According to scientists, all babies were born with the ability to smile, so this means we simply have to practice smiling. Where is the best place to practice? At home with your mirror! We can practice and force ourselves to smile, and "fake it until we make it".

Everyone should flirt and smile. Why?

1. Smiling boosts your mood. Psychologists have found that smiling instantly lifts your spirit, even if you are in a bad mood and forcing your smile
2. Smiling lowers stress and anxiety
3. Smiling is contagious - try it!
4. Smiling is a sign of happiness all over the world and in all cultures

5. Smiling is the most easily recognized facial expression

6. Smiling makes you approachable

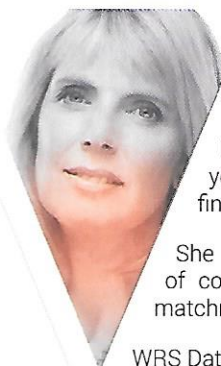
7. Smiling draws people in and makes them feel welcome

8. Smiling makes you more attractive

Live an active and full life, enjoy the present moment, and smile at everyone you meet. If you don't smile at others, most likely nothing will happen, but if you do smile—who knows—all sorts of exciting possibilities may come your way. Smiling can actually transform our lives. Even if the other person is not interested, at least by smiling you have made them feel good about themselves.

So go out there and smile. Be generous with your smiles; smiling is a win/win so keep on smiling and soon you may be smiling at that special him or her.

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DATING BY TREA TIJMENS

Trea is a top international matchmaker and dating expert. A former HR professional and head-hunter, Trea started matchmaking over 10 years ago out of her passion for connecting people and helping them find love.

She loves sharing her insights and learning from all those years of connecting with wonderful people through her date coaching, matchmaking, dating seminars and networking.

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