

## Dating: The Fine Art of Flirting, Part 1

Why do some girls attract all the guys? Because they are power flirts. You can master this fine art — no cosmetic surgery required. You just need to let your body do the talking. Turn up the volume on your inner flirt with part 1 of the Fine Art of Flirting: Love your body.

Every time my friend Jenny enters a room, men get social whiplash. She is not breathtakingly beautiful; she is no Rhodes Scholar and she hasn't won the lottery. But Jenny never leaves a party without being caught in a social scrum by all the single men. What is the secret behind her mesmerizing effect on males? She is simply one of the world's best flirts.

I'm sure you know someone like Jenny. It seems unfair but these women appear to operate [a speed dating cartel](#). Fact is, they don't have a monopoly on power flirting. We can all do it. We just need to learn the secrets behind their 100-watt smiles.

To some women, flirting comes naturally and for others, we must coax our latent talents to life. The good news? The ability to flirt is innate. It is about confidence and being able to sensually inhabit your body. The other key is understanding body language.

Women are always worrying about what they say but in fact it's our bodies that do most of the talking. Communication is 60 per cent non-verbal and only 40 per cent verbal. More than this, only a quarter of the verbal proportion is accomplished by the words themselves. The rest is all about how you say it.

So watch what your body is saying. Researchers say you can heighten your powers of attraction by about 70 per cent if you can improve your body talk.

### **Love your body**

Learn to love your body and this will be reflected in your body talk. A lot of women walk around apologizing for themselves, subconsciously using 'concealment gestures' to obscure the parts of their bodies they don't like with their hands or arms. But that only makes these body parts more intriguing to others and makes her seem under-confident.

Watch yourself and see if you are covering parts of yourself when you move. Are you fidgeting? Tugging at your hemline? Constantly rearranging your attire or jiggling your feet? Then don't. Start re-learning how to move. Use open gestures when you walk, don't set up physical barriers and don't cover up. Most importantly, look enthusiastic and animated. Animated people are attractive. And smile. A smile is your passport to popularity. It invites the world in and makes you more accessible and chat-up-able. Coach yourself to love your body and instead of trying to cover up the parts you are less happy with, flaunt the parts that you like.

### **About the Author**

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