



MORE THAN HANDSOME

How to Build an Impressive Personality

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More Than Handsome: How to Build an Impressive Personality

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DON'T BE HANDSOME ONLY

See, there's a problem with men.

According to the definition at Dictionary.com, handsome means *having an attractive, well-proportioned, and imposing appearance suggestive of health and strength; good-looking.*

In simple words, if you are not born like Ryan Gosling, you aren't good enough?

Crap! I was not born like that. Neither are you, probably. In fact, we are painfully average.

But, here's the deal:

Most of us also don't realize that being handsome is not everything. Even if it's only about being physically attractive, and even if you are one, you know that good looks aren't enough.

For some reason, we, men, often judge a woman based on her beauty. Her face structure, breasts size or waist/hip ratio may make you treat her differently. That's why, women should be judging us based on our looks, body structure, and face. Right?

Wrong. I mean, not entirely.

If you are nicely dressed and have a good body shape, you will always make a good impact on someone's perception of you. But, there are some things that are more important.

When approaching and seducing a woman, whether or not she is going to like you, it is more dependent on how you make her feel. Means your looks weigh lesser in that area.

When a woman calls you handsome, that's not only because you look attractive. There are many other things you are doing good.

How do you interact with her? How smooth are you in those conversations and what is your stand? How do you style yourself? How do you take care of yourself and your health? How do you carry your body?

And most importantly, what is special about you, only you?

NOT JUST HANDSOME, MORE THAN THAT

I wrote a post about [becoming a sexy man](#), where I said that attractiveness and sexiness are different.

I said, not everybody can be super attractive, but they can be sexy, i.e., sexually attractive. And I must tell you, being sexually attractive is what steals the show.

In the beginning, I said there's a problem with men. Some men think they can't do anything about their appearance, or they don't feel any need to do it. Some, after reading blog posts or watching videos online, buy a couple new shirts, a wristwatch, and a few other accessories, and consider these dramatic changes to their appearance.

I hate to say, that's not enough.

With the similar concept of being a sexy man, I've written this short book about being *more than handsome*, which means *more than physically attractive*.

And also, I want to show you the things that make you special in a crowd of men. Things that can build an exceptional personality, irrespective of the body you are born with.

More specifically, it's about improving your value and importance in people's minds.

THIS IS IMPORTANT

If you're thinking about skipping some parts and looking for shortcuts then I'd say that you're done already. You can leave and do something else.

Because things aren't going to be that comfortable and easy. If they were, everybody would've been killing it in the jungle.

People are always seen looking for shortcuts, quick-fixes and magic pills.

“This Man Lost 50 LBS in an Hour. Fitness Experts Hate Him!!!”

These things do not exist. You know it, but you still click.

Now it's time to make a serious commitment to yourself. Because if you don't, you're never going to improve and stay the same.

The truth is, if you want to make progress in your life, you have to struggle and you have to have patience. There are no gains without pain.

Keep learning, working hard and improving yourself. Don't read and forget what's written. Take actions. Downloading and reading this book is worthless if you don't execute what's written.

Don't worry, I'll be there with you. You can send me an email anytime at akshay@easique.com and I will be happy to listen to your stories.

A quick disclaimer: I am NOT an expert. The advice that I give is what I learned, researched, and experienced on my own, that worked for me. So, I believe this book will help men like you to improve their lifestyles.

There are six chapters and I'd highly recommend you do not skip any.

Stop worrying and start executing. That's how you win. And remember, the road to big growth is always long and starts with self-improvement.

Let's have a blast!

1. THOSE GENERAL CARE THINGS I SHOULDN'T BE TELLING YOU

But the thing is that you'll always find some men screwing the pooch in some of the incredibly basic departments.

These:

- Brush and floss your teeth regularly
- Shower at least once daily
- Cut your fingernails and keep them clean
- Wash and wear clean clothes
- Wear deodorant
- Get a fresh haircut frequently, if you don't want people to notice you just got one
- Use shampoo and conditioner to clean and keep your hair healthy
- Trim/shave your facial hair and the rest of the body hair
- Take care of your skin
- Maintain the health of your lips (use Vaseline, works like a charm)

The above-mentioned things are non-negotiable. Start today. Why? Let me explain.

HOW TO HAVE A HANDSOME SMILE

Brushing and flossing twice daily keeps your teeth clean and healthy. If you have bad breath (halitosis) problem, there could be many reasons and here are the most common solutions:

1. Take care of your tongue: use your toothbrush or tongue scraper.
2. Use an electric brush. Dentists say it is much better than the manual one.
3. Use a mouthwash, which kills odor-causing bacteria.
4. Stay hydrated (and whenever you taste smelly).
5. Clean your mouth immediately after eating food items that cause bad smell such as garlic, onions, and milk.

Keep your teeth white. There are many teeth whitening treatments and affordable kits available in the market that does not take a lot of effort and does the job without going to the dentist.

I understand, not all of us are born with perfect teeth shape. Get your teeth straightened with braces, or if you want an invisible alternative (costs more) get Invisalign.

DON'T LOOK LIKE A GRANDPA TOO EARLY

Take care of your skin, if you don't want to age too early. Here are some habits that work well for me:

1. Avoid using soap or shower gel (or fairness creams for fuck sake) on your face. They're too strong for your face.
2. Use a face wash in the morning and at night to clean your face.
3. Use a moisturizer right after washing your face to restore oils and hydration. Some products have SPF of at least 15, which adds protection from the sun.
4. Scrub your face (exfoliate) to remove dead skin cells, about twice a week.
5. Avoid drinking too much alcohol and using alcohol-based products like after-shave (and scented trash that comes in good looking bottles/cans).

I talk a lot more here: [How to Look 25 in Your 40s Using This Skin Care Guide for Men.](#)

HOW TO ROCK A SWEET ASS HAIRSTYLE

You know what surprises me? The difference getting a new, fresh haircut can make right after coming out of the barbershop is impressive.

Most popular hairstyles (you can find how they look online):

1. The natural style – soft or classic tapered
2. The side part – classic or modern
3. Short textured
4. Buzzcut
5. Brush up or coif

If you are confused about which haircut will look best on you, I know two ways.

First, the simple one, by looking at the hair texture and hairline. Determine the texture – curly, straight, wavy, thin, or thick. Then see the hairline. See which celebrities have the similar hair and search their pictures online. You'll find a lot of their pictures with different hairstyles. Easy peasy.

Second, by looking at your face shape. There are four basic ones and you are one of these – oval, square, round, or triangular. The basic idea is to contrast, not match.

- Oval: Most styles work well. Avoid heavy bangs over the forehead.
- Square: Go for angular, softer edges.

- Round: Go for structure, angular with shorter hair on the sides and the back.
- Triangular: Most styles work well; especially long hair looks great.

Now, what?

1. Pick a hairstyle with the longest hair. Get your haircut.
2. Ask your barber how to style it and take pictures of it (for future reference).
3. If you didn't like it, try a different hairstyle with shorter hair length and so on. Or else, wait some time and let your hair grow.

Pulling off a great hairstyle is less about the style and more about how you style it. It depends on the length, technique and the product you use. At the same time, be realistic, i.e., don't make your curly hair straight. It's a mess.

A WORD ABOUT HAIR MAINTENANCE

Use a high-quality hair product, not those cheap hair gels that can seriously damage your hair. Once you are done with styling, keep your hands off your hair. Understood?

Shampoo your hair, once in two/three days to keep it clean, smooth and silky. Use a conditioner twice a week, to help restore important oils and lipids.

Hair fall is pretty common, to some extent. If you have thick and hard hair, use a comb/brush with wider spaces. It is not necessary to apply a hair product and use blower every damn day. Lightly comb with your fingers on the days you're only going to stay at home.

Do you want to rock a badass hairstyle even if you're going bald? Cut it completely and own it. I'm serious.

THE MOST ATTRACTIVE FACIAL HAIR

If you're the guy who has to keep it clean shaven:

Use single-blade razors. Because multiple blades pass over your skin several times, which end up cutting the hair beneath the skin. This causes inflammation and ingrown hair, especially with curly hair.

On the other side, a single blade (double-edge safety) razor cuts the hair gently without pulling. It reduces the chances of ingrown hair and skin irritation.

Now, for those who can have stubble/beard:

It was found in a research that people (especially women) find heavy stubble most attractive. Then light stubble, and then heavy beard. Clean shaven comes the last.

I wrote a post dedicated to this topic, showing how you can get that designer stubble using a trimmer. [Read now.](#)

TRIM THE REST OF YOUR BODY

To look better naked and feel good, some men shave the rest of their bodies. If you don't want to shave, I highly recommend you at least trim.

Trim the hair to an even size, so it looks neat (and to reduce that bulk out of your body). That hair popping out of your shirt isn't cool.

Trim your chest hair, underarms, legs, arms, butt cheeks and wherever your hands can go. But, don't trim your ballsac. That skin is delicate, so this is where you have to shave.

2. STYLE IS MORE IMPORTANT THAN YOU THINK

First impressions matter, big time.

The personality you can improvise only by wearing great clothes is unbelievable, literally overnight. When done right, you can impress the crap out of people.

But, I've seen so many men screwing up in this department. Probably because they think style is for celebrities, or are afraid of taking charge of it, or they're just lazy to learn.

Within first few seconds/minutes, people judge your status, personality and much more, which they remember forever – like the writings on the wall. Often, they are right.

Those judgments may change later, but it's hard. That's why, first impressions are critical, which starts with appearance, i.e., your clothing style.

FITTING IS THE KEY TO MANY OF YOUR FUTURE SUCCESSES

Fitting is crucial when it comes to style.

I believe this is the most important style tip ever. Because it solves so many style problems, therefore, improves your look enormously. Fitting alone can take your style level from a five to an eight.

So, why wear fitted clothes?

Basically, to look more muscular, taller, and compliment your body structure. It shows you are stylish and someone who is really good at it.

Sounds great. How to begin?

1. Get the clothes you already own to the tailor. And know your tailor by his name because he's going to be the man behind many of your successes.
2. He will take your measurements, alter the clothes (or do whatever they do) and make it fitted to your body. Like they were exclusively made for you.
3. While shopping, find the right size, the well-fitted one. Always try before purchasing. Don't be lazy. If it doesn't fit, try a different size. Also try the slim fit, which is sweet for skinny and lean men.

Pay special attention to the shoulders because they are harder to tailor. The rest can be fixed by the tailor.

Hence, custom-made is better than ready-made. For two reasons:

1. Chances of it fitting you well and looking better are much higher, and
2. it may actually cost you less or almost the same.

START WITH THE BASICS

Get the fundamentals, the must-have items that would meet your basic day-to-day requirements.

Here's what I mean:

- **Shirt** – solid black, white, light blue, or any not-too-funky color; get patterns when you have solid colors
- **Tee shirt** – solid black, white, or any not-too-funky color – includes both V-neck and crew neck types
- **Trouser** – jeans, chinos, formal pants – mostly dark colors, you can experiment colors with chinos
- **Shoes** – sneakers, black Oxford shoes, running shoes, boots (Chelsea), loafers
- **Suit** – charcoal grey or navy blue, with a matching tie
- **Leather jacket** – black (more preferred) or brown
- **Polo shirt and Henley** – buy when you own other types of shirts

When you have a solid foundation, you can try some trendy ones.

MATCHING, CONTRASTING, AND SKIN TONES

Here's the key:

Whenever we talk about matching and coordinating, most of the times you have to contrast, not match. But, there are exceptions as well.

If you are a man with:

- Dark skin tone – wear brighter colors.
- Light skin tone – avoid bright colors.
- Medium skin tone – you have a lot more choices, but avoid medium tones.

Also, take your hair color into consideration. If you are a white male and have black hair, i.e., high contrast – balance and coordinate clothes with something like the light blue shirt and black pant.

Your belt, shoes, wallet, and bag should match in terms of leather color, shine, and material. Have two sets – black and brown.

When coordinating clothing items, they should contrast in terms of pattern size, spacing/density, and type. Let's say, you are wearing a pinstripe tie, shirt, and suit, they all should have different spacing and sizes.

I hope it makes sense. If not, read this massive post (with a lot of pictures): [151 Ultimate Men's Style Tips \[Dress More Fashionable Than Others\]](#)

ACCESSORIES ARE AWESOME

They're like icing on a good-looking cake.

They make your outfit more detailed and appear sort of different. Basically, they subconsciously send a signal in people's brains that there is something special about you.

For some reason, many men don't take accessorizing seriously, even though it makes a lot of difference in your appearance.

Here's what you absolutely need:

- **Belt** – match with your shoes
- **Wristwatch** – sends a signal you are important and respectable

- **Glasses** – wearing them levels up your style game; wear the ones that compliment your face shape ([read more](#))
- **Pocket square** – coordinate (not match) with your suit and tie

Also, try:

- **Hats/Caps** – they're cool
- **Tie Bar, Cufflinks** – adds luxurious detail to your tie and shirt
- **Leather bag** – to carry your files, documents, laptop, etc.
- **Jewelry** – earrings, rings (one per hand), chains, bracelets
- **Tattoos** – they're becoming popular every year

Don't overdo it. Your accessories should be subtle and enough, not too much.

DRESS WITH PURPOSE

Clothes speak a lot.

- Who are you?
- What do you do?
- What are your intentions?
- What can you do for others?

The truth is that people do judge books by their covers. You can't do anything about it.

But, what you can do is enhance your cover, i.e., your appearance. With the help of right clothes, you can influence people for your own benefit or purpose.

Dress your age: If you're an old man, don't dress like a teenager. Stick with the classics. If you're a middle-aged man, say 30 years old or younger, you can experiment.

Always respect the establishment you are visiting: That means, no fancy-shnancy clothes at the hospital.

To appear high-status and respectable: Two things matter the most – fitting and quality. You can't compromise with any.

As you already know, fitting is crucial. Quality is no different. Aim to buy the best quality you can afford, plus add ten percent to the price.

Dress like others: Some researchers have found that doing so will help you persuade better. Means, they are more likely to pay attention, lend money, do favors, employ you, etc.

Dress your profession: If you're a developer, there is no way I will trust you if you show up in a suit at the office. If you are a business executive, you are supposed to wear formals and business clothes.

The patients will not believe if the doctor doesn't show up in a white collared shirt and a white collared coat. That makes sense, right? A worker without his uniform is not a worker.

I have written a detailed post talking more about this topic. [Read now.](#)

3. THERE IS NO EXCUSE TO NOT LIVE LONGER AND HEALTHIER

I don't care who you are, get on it.

You already know that this health stuff is incredibly important, but you still don't be man enough.

See, this is a huge topic if I wanted to talk about in detail. Yet, I've found some basic things that will help you to get started.

When it comes to health and fitness, three things matter the most – nutrition, physical workout, and cardiovascular exercise. They all work best when done together. Ignoring any one or more will result in an imbalance in body growth and you don't want that.

The right kind of fitness and nutrition plan will depend on what you want to achieve. Here are some recommendations to understand better.

NUTRITION HAS THE BIGGEST IMPACT ON YOUR HEALTH

What you put in your mouth determines your overall health and physical appearance. There are two questions that need to be figured out about food:

1. How many calories?
2. What kind of calories?

The amount of energy produced by food is calculated in calories. All food items have calories, except water. More calories mean more energy. If you don't use all of the calories you take, then they either get excreted or stored in the body (usually as fat).

If you want to lose weight, then you need to burn more calories than you eat. It also means you have to take fewer fats, carbohydrates, and more proteins.

Secondly, eat good kind of calories. Because there are both good and bad sources of nutrients and calories.

Assume, the amount calories you get by eating pizza and banana are same. But obviously, the calories you will get by eating bananas are higher quality.

HOW TO BUILD A GOOD-LOOKING PHYSIQUE

The main objective is to build muscle and burn fat, which will eventually make your muscles more defined, and make yourself look attractive and much stronger.

How to achieve it? Go to the gym, start lifting weights and never stop. Simple as that.

Home workout plans and bodyweight exercises (even though they are really good) are not that effective because people don't do them properly. If you can afford, hire a trainer and have someone accountable for your health.

Do exercises that work on several muscles at a time, not just biceps. Like push-ups, bench press, squats, deadlifts, dips, pull-ups and you get the point. Along with weightlifting, you can maximize your physical abilities by practicing a physical skill, sport or any form of martial arts.

DON'T FORGET THE CARDIOVASCULAR EXERCISES

Yet, cardiovascular exercises or “cardio” are more popular for their fat burning effects, which is great. Their main function is to exercise heart and lungs, by taking the heart rate (HR) to an effective range.

To find out, subtract your age from 220, then multiply the result with 0.6 and 0.8. You will have the HR range in Beats Per Minute (BPM).

Example: For a twenty-year-old guy, it would be between 120 and 160 BPM. (Use live heart rate calculator apps for smartphones, or fitness gadgets.)

For most of us, thirty minutes of cardio every day does a great job. Try to do it empty stomach in the morning for maximum effects. If you're a beginner, start with less. Don't harm yourself.

Some popular cardio exercises:

- Running
- Swimming
- Jumping jacks
- Skipping ropes
- Dancing
- Any outdoor sport like football, tennis, badminton, etc.

Remember, walking for thirty minutes is not cardio. Maybe for really fat old people, but for average people, it's not.

4. HOW TO MOVE IN A WAY THAT STEALS PEOPLE'S ATTENTION

Damn, those first impressions.

Say with me, "How I speak is more important than what I speak."

During any kind of conversation, the responses you get from people are about ninety percent dependent on your body language, gestures, and facial expressions. Then the remaining ten percent depends on the words you utter.

It is important because this non-verbal side of the communication reaches people's emotional side, which creates stronger reactions and moves people to action.

Now you know why Charlie Chaplin is still remembered even though he never said a single word to make millions of us laugh.

See, this is a skill, not something that people are born with. What we want is to master this non-verbal part to (try to) control the kind of responses we get from people.

In short, you will become charismatic. Of course, this is a huge topic in itself, but I'll try to cover the basics.

GET YOUR BASIC BODY POSTURE RIGHT

You can't be sitting in an unnatural and/or non-confident way.

Keep your shoulders back, chest up and back straight. You shouldn't be slouching. Also, don't look like a robot. Slightly swing your shoulders and arms while you walk. Keep your feet pointed straight ahead.

Chances are, you're not doing it right. I was horrible at it until someone (actually many people) pointed out. Use a full-sized mirror to analyze yourself or ask your friend to help you correct it. I'm serious.

These are also important:

- Always keep your head straight; never look down;
- Always sit in an open position; avoid crossing your arms or legs – shows you're not interested;
- Try to not let anybody come inside your circle (the area covered when you spread your arms and rotate forming a circle);
- Look people in the eye when you walk and let them break it.

BE CONSCIOUSLY PRESENT IN THE MOMENT

When we're in a crowd, more likely we get caught up in our thoughts and worries. Don't let that happen.

Do this:

1. Take a deep breath and deeply focus on the air coming in and out of your nostrils,
2. then scan everything around you, and notice every slightest detail with your eyes, ears, and try to feel the atmosphere.

This will make you relaxed, comfortable and present. And, this will show up in your physical state and you know that people like people who look really confident.

When you control the thought of you being there and knowing the atmosphere, then your actions direct the response of the people around you. Ultimately, you become much comfortable.

DON'T LET DISCOMFORT STOP YOU FROM KILLING IT

To be confident around people, you can't let discomfort – both mental and physical – hold you back and exploit everything.

Both physical and mental states go hand in hand. When one gets off the track, the other gets affected in ways like anxiety, dissatisfaction, self-criticism, and self-doubt.

In all cases, the first step is to be aware of the physical discomfort. Then always try to prevent it by planning ahead to ensure comfort in clothing, location, and timing.

If discomfort arises, you can still either address it or explain it so that it's not misperceived by others. People like people who are honest. They will gladly try to help you.

To overcome internal discomfort:

1. You need to understand that we all experience the same kind of discomfort. It's normal and there is nothing to be ashamed of.

2. You will always find someone who has gone through something similar, and probably even worse. Nonetheless, your thoughts may not necessarily be accurate. We often over-dramatize situations.
3. See the good side of the situation and adopt it.

THE PERFECT HANDSHAKE

It is infrequent. Yes, it is.

Here's how you do it:

1. Keep your right hand free.
2. Use plenty of eye contact, and smile warmly but briefly.
3. Keep your head straight and face the other person.
4. Keep your hand perpendicular, thumb pointing straight to the ceiling.
5. Get full palm contact by draping your hand diagonally downward.
6. Wrap your fingers around your counterpart's hand.
7. Once you make full contact, squeeze to their level of firmness.
8. Shake from the elbow, step back, and then let go.

BUILD MORE TRUST BY MIRRORING

When you're in a conversation, you can make the other person more comfortable by mirroring. It works because you activate their deep instincts of trust and liking. Hence, they become more comfortable sharing their stories with you.

Here's how:

1. Notice their body language and posture: how they hold their head, place their feet, and certain shifts in their body. Also, notice their voice.
2. Copy.

Test and break the patterns sometimes. You will notice the difference.

MAKING A HIGH-LEVEL EYE CONTACT

It's a skill, which determines the importance of the person you're in conversation with.

Too little eye contact can mean you're less interested in the person or conversation. Too much of it is aggressive and weird.

When speaking to an individual, maintain eye contact in a way that it doesn't look creepy. Break the eye contact every 3-4 seconds. Look up to a side or somewhere for a second (instead of looking down) and quickly get back.

When talking to a group, keep it even. Slowly move and rotate your eyes with all the members of the group so that nobody feels left out.

To show affection, rotate your eyes to their lips, cheeks, nose, and back to their eyes. Use your eyebrows and facial expressions at appropriate places to show interest. Gently smiling when listening also shows affection.

AVOID UNNECESSARY MOVEMENTS

Poise.

The kind of high-level, high-confidence body language characterized by a few movements made, exhibiting a level of stillness.

There are some gestures that are identified as low-status, needy, and looks like you want someone to convey reassurance. These are three major issues to look out for:

- Avoid extraneous, superfluous gestures such as fidgeting with your clothes, hair, or face,
- incessantly nodding your head, and
- saying “um,” “like,” “you know,” “uh-huh,” or a half sentence (like “Yes, I agree”) before sentences.

Remember, showing enough power should not seem like you’re being arrogant or intimidating.

TAKE THE EXPANSIVE POSE TO SHOW POWER

Be like the hulk.

He is fearless, courageous, and powerful. You can learn and do some things to feel more powerful, confident, and convey confident body language.

1. Breathe properly. Not enough oxygen activates the stress response.
2. Stand up, take a wide stance, stretch your arms to the ceiling, then to the walls, trying to touch them.
3. Take as much space as possible. You will feel and look more confident.

5. MAKING YOUR CONVERSATIONS MORE INTERESTING

What comes right after those first impressions?

The verbal part, the ten percent, of your conversations. As you already know, to become an excellent conversationalist, how you say is more important than what you say.

This is where your voice and tonality take a stance.

DEVELOP A DEEP VOICE

What is the sexiest part about a man to a woman?

It's not money. Not his abs. Not even his giant penis.

You read the title – a deep voice.

A smooth, deep voice is what attracts the most, according to many studies. You can work countless of hours working out at the gym, but a nasally, weak voice will not match your personality.

One habit that works like a charm for me is to hum like a siren, up high, down low, repeatedly for a few times, and exhale through the mouth.

Then try to say a sentence by holding using your nose. Means, you should be able to speak through your mouth, not nose. That is your chest voice.

Another trick is to change your mental voice, that voice inside your head. We talk to ourselves by using a voice, change that to a deeper one. Your voice will adapt to your mental voice.

Keep practicing. You will get better over time.

BEING A GREAT LISTENER CAN MAKE SOMEONE FEEL SPECIAL

Be an incredible listener.

This is the deal breaker when it comes to making a memorable conversation. I have often noticed that most people want somebody to listen. Because it makes them feel important.

They don't need money, or anything else, just want somebody to listen.

When you let someone speak for a moment, they try to say more. This is when you need to avoid interrupting them. Let the pause happen and wait for a little for them to find more to say.

Invest your whole mind and body to listening, while being genuinely interested in them, they will love you more than anybody.

ONLY SAY THE WORDS THAT MATTER

First, always speak less than necessary.

When you want to look more respectful and valuable, the more you say, the more common you will appear, and the less in control.

The guy who speaks less and also seems present in the conversation, makes others guess what he is thinking.

This does not mean you speak nothing. Silence can mean many things. If you think that something can be justified by saying less or without saying anything, do it.

If you say more, you will make more blunders.

Avoid saying words that are negative, even if the intent is to be positive. Because saying “salted peanuts” will make you picture them in the brain and probably imagine how they taste. You can’t avoid that.

For example, saying “Don’t worry” includes a negative word. Instead, say “We’ll take care of it.”

IMPROVE YOUR VOCAL POWER

There’s a problem with people while making any normal conversation.

They think that if they don’t speak fast enough, they will not be heard. This is not a right way to look at it.

Always remember these four things:

1. Be slow and smooth.

You need to completely swallow the fact that by being slow and smooth enough, you are improving your own value. Doing so puts more weight on the words you speak and makes others understand you better.

2. Let others interrupt.

Avoid interrupting others and let them interrupt you. You are making others speak more, let their point get across, give them more space to speak and make them impress you.

3. Pause before you speak.

Because it shows confidence. Try doing it for a second or two before or in the middle of a sentence. It shows that you are so confident to take a pause and trust that people will not interrupt you.

4. Be loud enough.

What did you say? Be loud. Did you speak loud enough? You're still not loud. What? LOUDER!

But, don't yell. There's a difference between being loud and screaming.

These are like skills. You will have to remember them when you interact until it becomes your second nature.

KEEP THE SPOTLIGHT ON THEM

Somebody asked me, “How do I impress people while talking?”

The simple answer is you don't. Instead, make them impress you. Do you like to show off a little and brag about the cool things you own or talk about the stories that make you look like a hero? That's why.

If you let others do this, you will make them feel more special. But, you have to put your own ego aside.

You'd say, “I don't want to look smaller than them.” The truth is that you won't. This makes you a great conversationalist and puts you in a great position of their “list of awesome people I know on this planet.”

6. WHAT FASCINATES PEOPLE ABOUT YOU?

I've been asked, "How to find interesting things to talk about and not look like a boring person?"

At the same time, they don't do things that make them interesting and fascinating, which is pretty straightforward. This is because we always go with the flow and just agree with others.

Hence, we become unattractive, boring and needy.

Whereas attractive men are seen saying things that blow people's mind and make others think about that conversation even after a month.

To make the verbal part of your conversation interesting, change your mindset. Have unique experiences, ideas, and opinions, that enhances your character.

START READING, IF YOU STILL DON'T

Read, read, and read as much as you can. The day I seriously started reading books outside of my school/college, it changed my life.

I'm not talking about comics, magazines, novels, and that airport trash. But, books that teach you lessons.

I began with non-fiction books that immensely helped me improve my knowledge and writing ability. Did it improve my personality, thoughts, and behavior around people? Absolutely.

In short, I learned things that my school never taught me. Whether it's about self-improvement, money/personal finance, relationships, success, psychology, and many other really important things that we are trying to figure out every day.

I haven't read much of fiction, but they do improve your literature, teach good lessons, and makes you feel smarter than others (which is cool).

So, which book should you read first?

Search "best non-fiction/fiction/self-improvement/dating books" online and you'll find dozens of articles. Pick one you like and start reading. Begin with bestsellers only.

If you don't like reading at all and/or think you don't have time for it, then probably you read slow.

- Read the introduction or the first chapter and see if you like it. Abandon if you're not enjoying that book.
- If you already understood the point of a chapter/book, you can skip some part. But, I don't recommend that if it's a high-quality non-fiction book.
- Push yourself to read faster. And use your finger underneath the lines as you read (yes, it works).

If you absolutely hate reading, start listening. Almost every book has an audio version available online. It is a great way because you can listen while driving, brushing your teeth, or cleaning house.

KNOW WHAT EVERYBODY DOESN'T

“The last Logan movie was so awesome.”

Sentences like these have absolutely no value. Because everybody knows that. Talk about why you like something.

Do you like a hip-hop song/artist? Do you like a movie/actor/director? Do you like an Instagram account? Why?

If you don't know why then figure it out. That “why” will form your artistic opinion.

If you don't like some art, then probably you didn't get the meaning behind it. Yes, I'm talking about those paintings that some people never get tired of looking.

Sometimes you understand art when you do it yourself. This happened to me when I got into photography.

Always expand your horizons. Find the best stuff. So many times, when I talk about movies with someone, they may have seen a ton of movies, but haven't seen the classic ones like The Godfather, The Dark Knight, Pulp Fiction, Fight Club, The Matrix, Inception, and so on.

I mean, how can you appreciate talent if you don't even know the best stuff?

Find why something is good and talked about. Even if it's not good, what makes it bad? Maybe read some online reviews to look for different perspectives.

YOU ARE BORING IF YOU'RE ONE OF THOSE NINETY PERCENT

Most of them are seen doing those usual things that they don't really enjoy, which does a poor job of expressing their personality.

- Go to work,
- come back home,
- watch TV or spend time on your phone or computer,
- hang out with those same friends on weekends, and
- a couple of vacations here and there per year.

See, there is nothing wrong with this, but most of the men are doing it as well. Most of them are also fairly educated. Most of them also have decent jobs.

How are you going to stand out? What do you have/do that the other men don't? What makes you special?

If there isn't much, that's when you need to try new things.

- Are there any places you've always wanted to travel?
- Any sport you like a lot, but don't play?
- Or you've always wanted to learn guitar?
- Do you secretly write song lyrics?
- Or you want to drive a sports car?

The possibilities are endless. When you say "yes" to these things, you become interesting, cool, and less needy, because you are then doing things for yourself.

How to start?

Make a huge list of the things you want to do. It doesn't matter how crazy and unattainable they sound, just write. Now, all you are left with is figuring out and then actually doing it.

Remember, possessions don't make you an interesting human, life experiences do.

DO YOU HAVE OPINIONS ON EVERYTHING?

This is important.

I know, it sounds obvious, but it makes a huge difference. Remember, when I asked, how are you going to stand out?

When you have a different opinion on something, or you know better, or more, then you stand out. And surprisingly, more than half of the people look at you like you're some genius.

You're no longer just another guy. And the best part is that, when you read a lot, try out new things every now and then, and develop an artistic taste, you tend to have different opinions.

If you want to stand out, you might have to take sides and polarize.

Now, from the next time, start thinking about pretty much everything. Ask yourself, "How does that make you feel?" Your answer shouldn't be "I don't care." If you don't know enough, figure it out.

CONCLUSION

Building an impressive personality is a long-term process. It requires a consistent look at your actions, your habits and what you've chosen to do with most of your time.

You may think, the last few chapters don't really have an effect in a short time, but they shape your personality in the long run.

Remember, it all begins when the internal switch is made by you, which also shows on your physical body. That means the way you feel inside reflects on the outside, your body, and your face.

If you're not satisfied with the people you surround yourself with, work you do, or your poor health, then you are sleep-walking through the life.

Making the right decision is crucial, many of them can change your life.

So, get your life taken care of. Get an attractive body. Become more fashionable than others. Get healthy. Move in a way that catches people's attention. Get educated. Try new things and have opinions. And then make excellent conversations that fascinate the crap out of people.

This will make you more confident, courageous, attractive, and more than handsome.

Start taking actions. Live a bad-ass life.

We shall talk soon.