



FACT SHEET

Relationship stress: How to find your perfect partner

Forget equality of the sexes, say relationship experts Tony and Nicki Vee. Celebrate the differences if you want to find your perfect partner. And perhaps consider chopping up some wood this weekend too!

Tony explains: "When humans first walked the planet, humans didn't talk. Attraction was about basic non-verbal communication and behaviour patterns. Males gave protection (eg through warding off enemies and providing food); and females accepted this protection (the lives of her children would depend on it, after all!).

"You may think this concept outdated. But we don't. It's programmed into us as a strong response system. And anyone who wants to attract a partner or strengthen their relationship should bear it in mind.

"Non-verbal communication can be extremely powerful. Nicki and I hold relationship-building weekends at our Austrian retreat which sometimes include wood chopping championships. The men in the group are asked to chop wood, and the women score them on their masculinity. It sounds quite straightforward, but you learn a lot about attraction by taking part.

"Men are briefed outside in sub-zero temperatures. Women are briefed inside in the warm. Then the men tend to prepare with a lot of primeval grunting and masculine body language as they warm up for the task.

"When the women come outside into the cold to see the contest, the men roar in appreciation and pose for their judges as a group. Some of our women visitors confess to feeling quite 'weak at the knees' at this unexpected and raw display of masculinity.

"Generally by the time the first woodcutter comes forward, some women are already very agitated, and as the wood smashes apart many are screaming with delight. If any cutters take their tops off in the freezing temperature to swing the axe, the place goes wild!

"It is obvious that the women respond very strongly to such a manly display. And you can see the men visibly grow in confidence and stature as they feel appreciated for their masculinity.



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“The lesson is that there is something you can do to positively affect your relationships and sex life. Don’t fight this because you think it’s an outdated concept. Just turn up and act like a man or a woman, and nature will do the rest!”

Tips for men:

Use strong body language, with your head up, shoulders back and chest out. There’s great attraction in the upper chest region so stand with it displayed to its best advantage. Stand tall and try to make straight lines with your body. Be succinct and confident when you talk, and use a deep voice – one of the greatest assets a man can have. Be fearless and ensure you are seen as the one in control of a situation.

Tips for women:

Make your body language soft and flowing. You’re aiming for curved gracefulness rather than the straight lines of the male body. Aim to make your voice light – perhaps a little playful and sing-song or soothing. Show your caring side and be supportive of your man. Don’t try to take control, but encourage him to do that.