

Life coach is aiming to make women irresistible

Richard can help you to become a man magnet



USEFUL TIPS Man magnet Laura Wright and therapist Richard Haggerty, also inset. PICTURE: Paul Rose ©

MEN beware, women are being taught how to become man magnets by a Cardiff hypnotherapist.

Life coach Richard Haggerty, 34, of Canton, Cardiff, has written a new self-help guide called *Man Magnet*, designed to make women irresistible to the opposite sex.

The manual sets out how to make men feel appreciated and do more for women, what drives a man, how to select a guy who is in good shape emotionally and how to be a reliable, discerning judge of character.

To see how effective it was I went to get some lessons in magnetism from the man himself.

A cynic about alternative therapies, this was my first time at giving something like it a try.

How could spending an hour in a room with this man possibly affect

Laura Wright

my love life?

I sat opposite Richard with my eyes closed, water trickled from the miniature fountain and soft music filled the room as he helped me to relax.

First of all, he taught me to appreciate other people's feelings by recalling a moment of conflict with my boyfriend.

He asked me to float into my boyfriend's body and to see the situation from his point of view.

I hate admitting I am wrong and never back down in an argument. But when I was made to step back and think about my boyfriend's reasoning, I saw that his intentions were all good.

Richard didn't tell me what to think

but allowed me to realise for myself what I was doing wrong in my relationship and how I wanted to behave in the future.

Secondly, Richard focused on my self-esteem and asked me to recollect occasions I had been praised.

I remembered how happy I felt and I was asked to spread this feeling throughout my body.

A simple technique, but I did feel better about myself.

Richard's aim is for his clients to exude happiness on a daily basis.

He said that being happy is something that will draw the opposite sex towards you - man magnet-style.

Of course, there is no magic wand that will suddenly make you irresistible to men and I didn't expect men to be falling at my feet by the end of

the session - even though it would be nice.

But I certainly didn't expect to be as convinced by his methods as I was.

I realised some of my attitudes, approaches and even my demeanour were inadvertently a massive turn-off and were making me unattractive.

In fact, I wondered why my boyfriend had stuck with me for the last three-and-a-half years.

Richard made me realise that only by changing myself would I be a happier person and more relaxed. Whether this makes me more attractive or not, I'll have to wait and see.

■ The manual is available online from www.manmagnet.co.uk and comes with recordings of hypnotic trances.

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